GARDINER E.

THE TRIALL OF TOBACCO

1610

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GARDINER, E.

GARDINER, Edmund (fl. 1610).

The triall of tobacco, London, 1610.

On the therapeutic uses of nicotine, but advising moderation, as the verses demonstrate.

XVIII 3

# THE TRIALL OF TABACCO.

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*Wherein, his worth is most worthily ex-*
preſſed: as, in the name, nature, and qualitie of the ſayd hearb; his ſpeciall vſe in all Phyſicke, with the true and right vſe of taking it, aſwell for the Seaſons, and times, as alſo the Complexions, Diſpoſitions, and Conſtitutions, of ſuch Bodies, & Perſons, as are fitteſt:

*and to whom it is moſt profitable to* take it.

By E. G. Gent. and Practicioner in PHYSICKE.

Imprinted at London, by *H. L.* for *Mathew Lownes*, and are to be ſolde at his ſhop in Paules Church-yard, at the ſigne of the Biſhops-head.
1610.

# To the right Worshipfull Sir *Edmond Carey* Knight.

*You may peraduenture wonder (most worthy Sir) or if not your selfe, yet many others (I am sure) will, why I, being an old man, and in my declining age long since, would be so inconsiderate as to set pen to paper, and write a discourse of Tabacco. But I pray you giue me leaue to speak for my selfe, and to answer both the one and the other.* Isocrates (*the famous Orator*) *wrote the sweetest and most eloquent Oration of his, called* Panathenaica, *after hee was fourescore yeares of age: and the same is reported of the diuine* Plato, *who continually studied, and wrote of diuers points in Philosophy when he likewise had passed the Eighty yeere of his age, and so continued to his dying day, as* Iohn Pierius in Oloris Hieroglyphico *saith the famous lawyer* Baldus *began to study the ciuil Law at three of the clocke in the afternoon (at what time king* Deiotarus *began to build a Ciuity) I mean, when he was an old man: and yet hauing an excellent, prompt, and pregnant wit, and a natural inclination to that kind of study, he became the most excellent man of his time. And although you will grant old men to bee subiect to many imperfections and weaknesses, yet on the other side you must confesse, that yong men are much tainted with lightnesse, inconstancy of mind, and ouermuch folly. Indeed old men are not so strong, quick, sprightfull, and deliuer as*

*the yonger sort are: but yet in counsell, wisedom, experience and iudgement, they farre outstrip them; and by these vertues, not by the other, noble and glorious enterprises are atchieued and brought to passe: and thus questionlesse was the true cause that mooued* Augustus Cæsar *that mightie Emperour, to make choise of no Captain that was vnder threescore yeares of age, in his whole armie. But why I, being of these yeares, should take in hand to write of Tabacco, I know deserueth wonder: but the truth is, that being long detained prisoner in the Kings bench, more vpon malice of some few, than any merite of mine owne, and there seeing all sorts of people taking the fume of this hearb without any difference of age, condition, sexe, or respect of naturall constitution of any particular bodie, I then began to write a little of it for my owne recreation (my minde being then fatigated with other serious affaires, and caried away with other distractions) little thinking that that which then I wrote for my own priuate delight, should euer come to bee a prettie volume, as now I perceiue it is. Which after I had done, I acquainted some of my friends with the same, who instantly importuned me to commit it to the presse.*

*There is no man now adaies, nor heretofore hath beene, that euer I could either see or read, who hath not writ too partially of this plant, and not distinctly and plainely, as (I hope) in this smal work I haue done. Besides, I haue added my owne censure (though verie sparingly) of the writers hereof, as well strangers as those of our owne countrey. I haue further discoursed of the diuersities of names giuen to this plant, with the nature and qualities thereof, to what diseases or griefes it is most appropriated, and with what formes it is best prepared & with what correctors; which I suppose few or none hath attempted: and yet whatsoeuer others herein*

*haue*

*haue brought to light, though it bee neuer ſo little, I haue ſincerely giuen thē their due worth & honor, ſo farre forth as the merit of their vertue deſerued. In the kingdom of Caſtile in Spaine, as* Carolus Cluſius *writeth, there is ſuch great plenty of Ledon (a kinde of wilde roſemarie) which of the inhabitants is called* Ardiuieia, *as there this is growne to a common prouerbe:*

Quien al mont va, y mas no puede, Alomenos ardiuieja.

Hoc eſt: Quicunque montem accedit, potius quam inanis redeat, vel Ardiuiejā (plantam viliſsimam) colligat. *So rather than I will ſit droniſhly idle, will bee doing of ſomewhat, yea, thogh it be to write but of ſo mean a ſubiect as Tabacco. Some beſides may alſo imagine that I doe nothing, but* Aranearum telas texere, *that is, in a friuolous matter, and of ſmall moment, ſpend infinite and curious labour: ſo that I had more need ſometimes to craue pardon for my long diſcourſe about this ſubiect: wherein though many things may want to the ſatisfaction of an affected and ſearching head, yet I am ſure here is inough to warrant the diſcharge of my good will, and to repell the cenſure of the ſcrupulous.* Facilius eſt reprehendere quam imitari: *and ſome can reproue without authority, which wil not allow proofes with authoritie: ſuch they thinke their credit is with ſome people, as* Pythagoras *was amongſt his owne ſchollers, who thought* Pythagoras *ſpeech a ſufficient warrant to prooue any thing, onely alleaging,* Ipſe dixit. *I doubt not there bee many Pythagoreans, that ſtand too much in their owne conceite. But to ſpeake truth, and to make no better of my ſelfe than I am, I am farre vnlike* Pythagoras, *my words carrie no ſuch weight of credit, as that my bare affirmation ſhould barre any man the libertie of*

*contradicting me: I am rather like the Duke of Venice, who of himſelfe can doe little, and is like the Prieſt at Maſſe which putting on his golden garment, and making a goodly gay ſhew, ſeemeth to be a great man; but if any com vnto him and craue ſome friendſhip at his hands, he will ſay, you muſt goe to the Maſters of the pariſh, for I cannot pleaſure you otherwiſe than by preferring your ſuit: and ſo it is with me.*

Cum relego, ſcripſiſſe pudet: quia plurima cerno,
——me quoque qui feci, iudice, digna lini.
*When I re-read, I ſhame I write: for much I ſee,*
*My ſelfe, who made them, being iudge, blotted to be.*

*And therefore (right Worſhipfull) fearing the like cenſure vpon mee, that hath happened vnto others, I haue preſumed to dedicate theſe my labors vnto you, & to ſhield them vnder the patronage of your noble name, truſting that as you haue alwaies been not onely a fauorer, but alſo a ſupporter and maintainer of learning and learned men, ſo you will accept in good worth this rude and compendious treatiſe, defending it as a patrō, & receiuing it with good wil as from a well willing friend. Thus with encreaſe of Worſhip, proſperous health, and Gods graces, I commend you to the Almightie.*

Your Worſhips moſt humble at commandement,

*Edmund Gardiner.*

# *To the Curteous and friendly Readers.*

THere be ſome, I make no queſtion, which in this iudging world will cenſure me, either to be too idle, and to haue little elſe to doe, or imagine mee too curious for committing to the preſſe this little book: whoſe criticall cenſures, & byting ſlings I doe little eſteeme, ſo that I may heare or know, that theſe trifles as they are accounted, will doe any good. Many fault-finders, enuious carpers, and malicious ſycophants (for malice is euer working of miſchiefe: & what is it that cankred *Calumnia* cannot inuent?) will readily reprehēd, but this chiefly that I haue been too open in publiſhing medicines. But friendly and indifferent Readers, I for your ſakes wil ſuſtain willingly this blame, and for your good & contentment will be readie to vndergoe more, and meekely to ſubmit my ſelfe (if cauſe ſo require) to a prouoked patience. I ſend forth this worke to you that are ſtudious and deſirous of learning, not to ſophyſticall mount-bankes, cozening quackſaluers, & ſuch like falſe iugling deceiuers with their paradoxicall innouations: whoſe countrey ſoile is to them a wilde cat, and who abuſe all good arts whereſoeuer they come or abide. I muſt confeſſe that I haue vſed ſome ſtore and varietie of examples, not thereby to vendicate to my ſelfe much reading, to arrogate to my ſelfe great learning, or that I coueted my diligence to be praiſed. For I deſire to bee cured of ignorance, which I cannot be vnleſſe I confeſſe the ſame: and that diligence deſerueth but a ſlight and bare commendation, if any one of his own accord ſhal voluntarily take vpon him a need-

leſſe, vaine and vnneceſſarie labour. But this was my ſcope, this the whole drift and marke I eſpecially aymed and ſhotte at, that ſeeing the fume of this Indian Tabacco to be vſedly and abuſedly taken of all ſorts of men, all conditions and eſtates, to ſhew according to my ſimple skill the true vſe of it, and to remoone out of their mindes the errors that manie are poſſeſſed if not bewitched withall, and to bring both their mindes and bodies to a better temper and moderation: which thing as hitherto, for ought I know, hath not beene performed by any, nay ſcarſelie attempted. But now perchaunce whileſt I labour to pleaſe all, I diſpleaſe all: If it be ſo, *Iacta eſt alea*, the dice are throwne. If any ſaying heere diſpleaſe anie queaſie ſtomacked Tabacconiſt, for remedie thereof, I would wiſh him to paſſe lightlie by it for feare of further offence. Phyſicke is a large profeſſion: and euerie one as he is affected taketh one or other part to be illuſtrated, ſet foorth, and brought more to light by his labour and induſtrie: one in the Anatomie as *Caſpar Bauhinus*, *Salomon Albertus*, *Gabriel Fallopius*, *Andreas Veſalius*, and *Arantius* of *Bononia*. Another in the hiſtorie of Plantes and knowledge of Simples, as the moſt learned Maiſter *Iohn Gerard* Cittizen of London, *Carolus Cluſius*, *Andreas Matthiolus*, *Rembert Dodoens*, and others: A third in Fiſhes as *Rondeletius*; and others, in other liuing creatures as *Conradus Geſner*, and ſome in Mineralls, as *Rodolphus Agricola*, haue beene found ſingular. And ſurelie they are not to be denied their due commendation, who in other ſmaller matters of Phyſicke haue done ſomething, as namely thoſe that haue corrected bookes, haue made commentaries vpon auncient authors, and tranſlated out of the Greeke and Arabick tongues into the Latine or our own vulgar. In this ſo great a harueſt of fertill wittes, and expence of time, wherein manie men and the ſame verie learned and well practiſed haue taken paines, one thing remaineth vndone, that no man in my iudgement hath ſufficiently entreated of this Plant namelie Tabacco, which is ſo much in vſe amongſt all Engliſh men. For either they doe commend it too much aboue meaſure, attributing to it ſo many great and

excellent

excellent vertues, as I thinke is ſcarſe poſsible to finde in any one hearbe, or elſe on the contrarie they were ſo faire out of the way, as that they altogether contemned and diſcommended it: ſo that that which was to be well liked, they haue quite omitted, and that which is plaine, euident and manifeſt to all mens ſenſes, they haue quite either denied or marred: for

——*Quid nobis certius ipſis*
*Senſibus eſſe poteſt, quo vera ac falſa notemus?*
What can more certaine be than ſenſe,
Diſcerning truth from falſe pretenſe?

But if this my labour may bee gratefully accepted, as with good will it is offered (as I doubt it not, if you pleaſe to cenſure iuſtly thereof) I ſhall be encouraged thereby to publiſh and ſet forth in our natiue language, other workes intreating more copiouſly and fully of Phyſicke, and no leſſe needefull to be knowne and publiſhed. So I wholly referre my ſelfe to your fauours and courteous conſtructions, ſtill reſting

*Yours in all kinde affection,*

*Edmund Gardiner.*

# The names of all thoſe authors and learned men, whoſe authorities are cited in this preſent Worke.

*Ariſtoteles.*
*Alciatus.*
*Andreas Theuetus.*
*Aegidius Eurartus.*
*Auicenna.*
*Augerius Ferrerius.*
*Alexander Trallianus.*
*Apianus.*
*Aetius.*
*Andreas Matthiolus Semenſis.*
*Amatus Luſitanus.*
*Albertus Magnus.*
*Baniſterus.*
*Carolus Cluſius.*
*Cardinalis Cuſanus.*
*Cornelius Celſus.*
*Carolus Stephanus.*
*Cornelius Tacitus.*
*Catullus.*
*Dion.*
*Diodorus Siculus.*
*Galenus.*
*Guido Pancirollus.*
*Garceas ab Horto.*
*Galfridus Chaucerus.*
*Dioſcorides.*
*Guilielmus Camdenus.*
*Fracaſtorius.*
*Heſiodus.*
*Homerus.*
*Hippocrates.*
*Hieronimus Cardanus.*
*Hercules Strozza.*
*Herodotus.*
*Guilielmus Cluſius.*
*Vlrichus de Hutten.*
*Laurentius Ioubertus.*
*Horatius.*
*Iohannes Langius.*
*Iohannes Leo Afer.*
*Iohannes Gerardus Anglus.*
*Iohannes Liebaultius.*
*Iohannes Heurnius.*
*Iohannes Baptiſta Porta.*
*Iohannes Hollerius.*
*Iohannes Bruerinus.*
*Iuuenalis.*
*Lucretius.*
*Ioſephus Quercetanus.*
*Ludouicus Vertomanus.*
*Petrus Bellonius.*
*Titus Liuius.*
*Terentius.*
*Ronſſæus.*

The names of the Authors.

*Ronſſæus.*
*Paulus Aegineta.*
*Iulius Palmarius.*
*Theodorus Zuingerus.*
*Strabo.*
*Publius Ouidius.*
*Martialis.*
*Paracelſus.*
*Suetonius Tranquillus.*
*Mercurius Britannicus.*
*Richardus Hackluit.*
*Nicolaus Monardus.*
*Petrus Pena.*
*Matthias de Lobell.*
*Seneca.*
*Vergilius.*
*Plinius.*
*Theophraſtus.*
*Philon.*
*Philaretes.*
*Xenophon.*
*Tibullus.*

*In*

## *In commendation of the Author.*

AS farre as *Boreas* clappes his braſen wings,
So farre thy fame graue *Gardiner* ſhall flie.
Pleaſure and profit both thy rare Worke brings.
Who rightly reads, will ſay as much as I;
That thou of all doeſt yet deſerue the praiſe,
And to be crowned with a crowne of baies.

One, with diſgracefull and deſpightfull words,
This ſoueraigne Simple baſely diſcommends:
A ſecond, loftie glorious tearmes affords,
And grace too great vnto this Simple lends.
Both are extreames. The golden meane is beſt:
Which here thou keep'ſt: thy Worke excels the reſt.

Reioyce, O *Britaine*, that thou haſt brought-forth
A Gardiner of ſuch admired skill.
Thou ſhoweſt the vertue, the effect and worth,
Of this rare Simple, the good vſe and ill.
Then vſe it well, for *Gardiners* good ſake:
And from his Garden a choiſe flower take.

*Io: Serlo.*

## Edward Michaell, *In commendation of his learned friend Maſter* Edmund Gardiner.

THe Author well deſerues the Tipe of fame,
To be conioyned to his honeſt name,
For ſetting forth (vnto his Countreys view)
Tabaccoes praiſe now in his brighteſt hue.

In *lieu* whereof, the guerdon he doth craue,
Is but a kinde reſpect of him to haue.
For, all his paines, taken for your delight,
Is for to ſhew Tabaccoes vſe aright.

Read then his worke, with iudgements brighteſt eie:
And thank him kindly: Thus with me replie:
*Gardiner Adieu:* thy Work deſerues ſuch praiſe,
As few men giue, in theſe our latter daies.

# *The triall of Tabacco.*

MAny men haue, many times, ſette foorth to the publike viewe of the world, diuers books entreating ſpecially of one ſubiect, and thoſe either in praiſe or diſpraiſe of the matter they wrote of: but yet amongſt all writers or exſcriptors there haue beene in my iudgement no treatiſes ſo often divulged, ſo greatly diſcourſed of, and preſented to the eies of the world (eſpecially of late time) as thoſe, that diſcourſe of Indian Tabacco, one liking, another diſcommending and diſpraiſing, according to the ſeuerall whirles of their affections, either in part or in whole, this famous plant: ſo that a man may not inaptly ſay of it, as *Virgill* the Poet doth concerning the diuerſitie of opinions for the admiſſion of the Græcian deuiſed horſe into the walles of *Troy*.

*Scinditur incertum ſtudia in contraria vulgus.* Virgilius Aeneid. 2
*The wauering multitude, as each man findes,*
*Conſiſts of many and contrary mindes.*

And in reſpect of the Writers, Patrons, and defendants of this rare plant on both ſides, I may not vnfitly vſe this ſaying of *Horace*:

Horat.li.2 epist.2.29.

*Cædimur,& totidem plagis consumimus hostem.*
*We by our forces are beaten,if not slaine,*
*We with as many stroakes waste them againe.* There is such hard hold and tough reasoning on both sides.

Now although I be *Medicorum minimus*,yet you must remember it was said of old: *Scribimus indocti, doctique poëmata passim*, seeing no other to vndergoe this taske, I haue boldly aduentured to vnbuckle my selfe (for you know who is so bold as blinde Bayard) I haue I say not being thereto commanded or compelled, as the answer to the booke called *Worke for the chimney Sweeper* was, but of my owne forwardnesse, and the desire I had to satisfie the world heerein in some sort:protesting, (as in the inferiournes of the stile may well appeare) that neither vanitie of glorie,nor selfe presumption, (being of many the most vnworthy to haue enterprised this taske) nor other priuate respect,then duty to my good friends (that haue requested this at my hands) and zeale to my louing country men,hath made me to publish this booke. For I saw the discourses heerein in my poore vnderstanding to be faultie, defectiue and halting, considering that one side too much extolled the vertue of this plant, and another side as much on the contrarie abased contẽned & reiected it. So to giue some satisfaction to both sides, I haue made choice of the middle, being as I take it, the more secure way,though it be a very hard matter to keep right in the mid-path,and to decline neither to the right nor to the left hand.

Tibul.li 4 heroic. ver.4.

*Iusta pari premitur veluti cum pondere libra,*
*Prona nec hæc plus parte sedet,nec surgit ab illa.*

In English thus:

*As when an euen scale with equall weight is peized,*

*Nor*

*Nor falles it downe this way, or is it that way raiſed.*

Wherefore to performe that preciſely which I haue promiſed ſolemnly, & ſeeing this diſcourſe muſt be ſent abroad & cõmitted to the hãds, the eies, the noſes, the ears, the mindes & the iudgements of a great nũber of all ſorts, I will firſt beginne with one that is furtheſt off it, *Monardus* a Spaniard of Siuill, who hath written verie largely of it in his treatiſe of the weſt Indian Simples: but becauſe he is already tranſlated into Engliſh, I wil (leſt I ſhould ſeem *actum agere*) referre that which he hath very large, to his owne volume. For that which hee hath gathered is likewiſe found in other Authors, wherof heereafter you ſhall heare more, when we come to diſcourſe of the vertues of Tabacco. *Charles Stephen*, and *Iohn Liebault*, & *Andrew Theuet* all three Frenchmen, haue writ of this plant, and ſo hath *Aegidius Eurartus*. *Carolus Cluſius* likewiſe in his comment vpon *Garcæas*, *De ſtirpibus et Aromaticis Indicis*, and *Iohannes Baptiſta porta* in his eight booke, and eleuenth chapter of his *Natural Magick* doe highly commend this plant, as a thing moſt excellent and diuine. But amongſt them all, and from them all for his admirable knowledge in plants, our owne Countrie-man Maſter *Iohn Gerard* Citizen and Chirurgion of London hath caried away the palme, as beſt deſeruing it, to whome I may well apply that ſaying of *Lucretius*;

*Qui genus humanum ingenio ſuperauit & omnes,* Lucret. l. 3
*Præſtrinxit ſtellas, exortus vti ætherius ſol.*
*Who from all mankinde, bare for wit the prize,*
*And dimm'd the ſtarres, as when skies ſunne doth riſe.*

Another likewiſe of our countriemen, calling himſelf *Philaretes*, hath lately writ a booke againſt Tabacco, entituled *Worke for Chimney-ſweepers*: which booke, ano-

ther hath friendly and modeſtly anſwered. In the beginning of *Philaretes* booke one *I.H.* hath made theſe diſcommendatorie verſes againſt Tabacco.

*Pitie it is ſuch ſmoaking vanitie,*
*Is Englands moſt eſteemed curteſie.*
*Oft haue I heard it as an old ſaid ſaw,*
*The ſtrong digeſting hungry Camels maw*
*Brookes ſtinging nettles, and the vileſt weedes,*
*That ſtinking dunghils in ranke plentie feedes:*
*But 'tis a toy, to mocke an Ape indeede,*
*That Engliſhmen ſhould loue a ſtranger weede.*

To whome *E.G.* maketh anſwer.

*Fie, fume at fumigation,*
*And fret at thy owne nation,*
*It wants not approbation,*
*That drugs ſhould worke purgation,*
*Oft times more worth in vileſt weede,*
*Then in manured Garden ſeede.*
*It is no toy, but truth indeed*
*That one ſoile ſhould another need.*

*Philaretes* ſeemeth to inferre in his ſecond reaſon and ſome other places of his book, that by the frequent vſe of Tabacco, wee ought iuſtly to ſuſpect and feare the ſame to bee a mightie drier, decaier and witherer of our radical and vnctuous moiſture: and in reſpect thereof breedeth conſumptions: But yet it ſeemeth (by his leaue) not ſo much to breede hectike feuers and conſumptions, as apoplectike and cephalical paſsions, becauſe many abuſers thereof haue died ſodenly: and wee ſee that the braine doth

doth ſuffer from it by protopathie, rather then by deutero-pathy, the organ whereby it is receiued being ſo neere a neighbour to the braine. I wonder it is not diſcuſſed how it puffeth vp & plumpeth ſome, when he concludeth that it waſteth and diſsipateth the vnctuous moiſture, & ſubſtantiall nouriſhment, by diſsipation of naturall heat, and decay of ſpirits in our bodies.

The ſame Author likewiſe (though a man of excellent learning, exact iudgement and reading) ſeemeth to vrge too farre, when in his ſeauenth reaſon againſt Tabacco, he ſticketh not to affirme, that this hearb ſeemed to bee firſt found out and inuented by the diuell, and firſt vſed and practiſed by the diuels prieſts, and therefore not to bee vſed of vs Chriſtians. But I will both anſwer him and the Spaniard *Monardus* (from whome hee hath fetcht his ground) at one word thus; that it is certaine that the diuell did not finde it, but Nature gaue it, and Nature doth nothing in vaine, according to that protrite axiome in Philoſophy, *Natura nihil fecit friſtrà.* If the diuell did finde it, yet we may eſteeme it as well as hidden treaſures deſcried by ſpirits at the requeſt of wicked mē. But in my opinion we ought to iudge of the infinite power of Nature with more reuerence, and with more acknowledgement of our owne ignorance and weakenes. For, that it was a plant created by God, when firſt euen by the word of his mouth all things were framed, I iudge it not amiſſe for any man to ſay and thinke: and there is no ſcholler ſo meanely learned, but will by reaſon conuince them both, and read a lecture of contradiction againſt them vpon the progreſſe of Natures workes; hauing his vertues and faculties infuſed into it from aboue, whereby many finde great eaſe and comfort as well as by other other plants & Simples. For vnleſſe God himſelf had bene

the author of it, why ſhould it be endued with ſuch noble and excellent properties: for

*Ni Deus affuerit, vireſque infuderit herbis,*
*Quid, rogo dictamnus, quid panacea iuvent?*
*If God helpe not, and into herbes infuſe*
*A working power, in vaine we medicines vſe.*

*Ariſtotle* (the monarch of our moderne learning) ſeemeth not to ſpeake awry, when he ſaith: *Multa ſciri poſſe, quæ nondum ſcita ſunt.* Many things may be heereafter knowne, which as yet lie hidden in the deepe dungeon of obſcuritie, not manifeſted; as the quadrature of the circle, and the manie vertues both of this and other herbes, not yet knowne to the world: which hidden and ſecret vertues though at this preſent they are not reuealed to Natures interpretors, yet hereafter they may: ſo that we may rightly conclude: *Maximam partem eorum quæ neſcimus, minimam partem eorum quæ ſcimus aut ſcire poſſumus*, to which purpoſe Cardinall *Cuſanus* hath writ a booke *De docta ignorantia*: Wherfore I ſuppoſe none will bee ſo mad to imagine that ſuch a noble plant could come by chance, or bee inuented by the diuell, whoſe excellent vertues the profoundeſt can ſcarſe perfectly vnderſtand. By this wee may ſee the wonderfull workes of God, how that he can make things ſtrange, great, and incomprehenſible and wonderfull to mans indgement. Therefore it is a thing impertinent, to ſeeke out the cauſes and reaſons of ſome things, as many men doe, and daily goe about to doe, for there are many ſecrets in Nature, the knowledge whereof is reſerued and kept to the onely creator: alſo of many other that might bee heere alleadged: but for that it is not my argument, I omit it to come to the reſt.

*Philaretes* my good friend ſaith, that Tabacco is hurtfull

full becauſe it is hot and drie in the third degree, which *Monardus* (ſaith hee) and others haue affirmed to come neere to the third degree of exceſſe in either qualitie. But it ſeemeth not ſo hot becauſe it bliſtereth not, nor yet exceedingly heateth, and that deletery malignity which he adſcribeth to it may be quinteſſentiall, although not elementarie. And with him I will not deny, but that ſome malignitie (out of queſtion) is in Tabacco, yea, I wil adde further, that there is in it ſome poiſon alſo, as there is in ſome other ſtrong and vehement purgers, but yet it may bee with cordiall and cephalical aromatikes alaied as wel as Scammony, *Elaterium*, *Euphorbium*, *Coloquintida*, turbith and ſome others. Beſides, diuers medicines doe either retaine, looſe, or change their force and power, according to the diuers conſtitutions of thoſe natures to whome they are giuen. For it is a hard matter to finde any remedy that may doe abſolute good, without ſome ſlight touch of harme, vnleſſe by art it be refined. Thus you ſee I haue beene a little bold to trump in my friend *Philaretes* way, where I thought hee tripped, eſteeming him yet for no leſſe then a louer of vertue and honeſtie, as his name importeth, and a man of good iudgement and learning. But I will come into my path againe, and acquaint you firſt with the diuerſities of names & titles giuen to this herbe, and ſo will I paſſe to his vertues and properties.

This herbe with the Franks or frenchmen hath beene moſt commonly knowne by the name of *Nicotiana*, becauſe one *Nicot* a French Embaſſadour to the king of Portugall, ſent this hearb firſt into France, and ſo gaue it his name.

Others againe, that by tradition haue noted the meanes frō whence they receiued this herb, haue called it *Herba*

*Reginæ*,

*Reginæ*, and Queene mother herbe, for that when Monsieur *Nicot* had first knowledge thereof, hee sent and commended it to Katherine *de Medices*, the Queene mother of France, (who died before she had reeled vp her spindle) and shee first caused it to bee planted in that kingdome.

Others there bee that do tearm it *Hyoscyamus Peruuianus*, *Henbane* of *Peru*, *Herba Sancta*, or *Sacra*, and *Sana sancta Indorum*: but vpon what ground I know not, vnlesse it be for the singular vertues and faculties that are found in this plant, as by the same reason *Lignum Indicum* or *Guiacum* is called *sanctum*, because it is so helpfull, and restoreth to cure a great many sicknesses and griefes; as the learned in Physicke doe very well finde. Wee know indeed by practise, that an infinite number of diseases are cured by Tabacco, euen *à capite ad imos vsque pedes*, from the crowne of the head to the verie feete: so that in regard of his noble vertues, it was thought necessarie that it should bee entituled with some glorious name, as we also see done to others. For *Philon* the Physitian called his *Alexipharmacal* medicines, *Deorum manus*: and at this day Physitians haue graced & nobilitated some of their compositions with splendidous titles; calling one *Manus Christi*, another *Benedicta Laxatiua*, *Catholicon* a third, and some others by the strange and superstitious names of *Puluis sanctus*, *Gratia Dei*, *Apostolicon*, *vnguentũ Paulinum* and the like, as *Vlrichus de Hutten*, a Knight of Germany hath writ in his book *De Morbo Gallico*, & the 6. chap. It is also entituled *Petũ*: & *Lobelius*, & *Peter Pena* do make it a kinde of *Symphitum*: and other while a kinde of *Hyoscyamus luteus*: but yet they stick somewhat at that. So hauing discoursed of his seuerall names, we will make a step

a ſtep to his deſcription, his ſecret and rare qualities; and not forgetting by the way, to tell beſides of the hurt ſome receiue thereby, with the true and right vſe alſo. And firſt you ſhall heare what *Carolus Cluſius* ſaith.

*Nicotian* (ſaith he) ſo tearmed of the French, of the Spaniards Tabacco, of the Braſilians *Petum*, hath beene long vſed of the Indians, eſpecially of the inhabitants of *Hiſpania Noua*, for the curation of woundes. It was brought but a few yeares ſince into Spaine, rather for the decking vp of their gardens, as being a ſtrange plant and ſeld ſeen, more then for the hidden vertues of the hearb: but now it is much more famous by reaſon of his rare qualities then for his elegancie and beauty that it carrieth in a garden. The common people of India vſually tearme it *Picielt*: for the name of Tabacco firſt came from the Spaniards, becauſe there was ſuch plentie of it grew in a certain Iland called Tabacco, according to the name wherof they haue chriſtned it.

*Andrew Theuet* ſaith, that the Americans haue a ſecret herbe which they name in their language *Petum*, the which moſt commonly they beare about them, for that they eſteeme it marueilous profitable for many things: this herbe is like to our bugloſſe. They gather this herbe very charily, and drie it within their little cabanes or houſes. Their manner to vſe it is this: they wrap a quantitie of this herbe being drie, in a leafe of a Palme-tree which is very great, & ſo they make rolles of the length of a candle, and then they fire the one end, and receiue the ſmoak thereof by their noſe, and by their mouth: they ſay it is verie wholeſome to cleanſe and conſume the ſuperfluous humors of the braine. Moreouer, being taken after this ſort, it keepeth the parties from hunger and thirſt for a

time, therefore they vſe it ordinarily. Alſo when they haue any ſecret talke or counſell among themſelues, they draw this ſmoake, and then they ſpeake. The which they doe cuſtomably one after another in the warre, whereas it is very needful. The women vſe it by no meanes. If that they take too much of this perfume, it will make them light in the head, as the ſmell or taſte of ſtrong wine. The Chriſtiãs that do inhabite there, are becom verie deſirous of this perfume, although that the firſt vſe thereof is not without danger, before that one be accuſtomed thereto: for this ſmoke cauſeth ſweats and weakenes, yea, foaming at the mouth, ſuddaine falling downe, and conuulſions, as I haue ſeene in ſome. And this is no ſuch ſtrange thing as it ſeemeth, for there are many other herbs and fruits that offend the braine, though that the taſte of them bee pleaſant and good to eate.

*Plinie* ſheweth, that in *Lynceſtis* there is a fountaine that maketh the people drunke, that take thereof: Likewiſe another of *Paphlagonia*, which as *Ouid* ſaith in the 15 booke of his *Metamorphoſis* will cauſe a man to bee no leſſe drunke then if he had copiouſly quaffed a great deale of wine. His words be theſe:

*Quem quicunque parùm moderato gutture traxit,*
*Haud aliter titubat, quàm ſi mera vina bibiſſet.*

This I know will not be receiued of all men for truth, and yet Philoſophers doe witneſſe that there is in *Eſclauonie* by *Apollonia*, a fountaine comming out of a rock, wheras is ſeene to proceed a flame of fire, whereby al the waters adiacent are as boyling. They haue in diuers places of *Hiſp. Noua* many hot ſprings of water, as aboue all other I haue ſeen in the Prouince of *Mechuacan*. In a plain field without any mountaine, there is a ſpring which hath much

much water, and it is ſo hot, that if a whole quarter of beefe, be caſt into it, within one halfe houre, it will bee as well ſodden, as it will bee ouer a fire in halfe a day. I haue ſeen half a ſheep caſt in, & immediatly it hath been ſoddē, & I haue eaten part of it: & this hath the learned *Hackluit* ſet down in his booke diſcourſing of the voiages of the Engliſh nation, by the relation of *Henrie Hawkes* a marchant, who liued three yeares in *Noua Hiſpania*. I will proceede a little further in relating ſtrange things in nature. In *Bactria* in the Citie of *Boghar*, there is a litle riuer running through the midſt of it, but the water is vnholeſome, for it breedeth ſometimes in men that drinke thereof, and ſpecially in them that are there borne, a worme of an elle long, which lieth commonly in the legge betwixt the fleſh and the skinne, and is pluckt out aboue the ankle with great art and cunning.

*Diodorus Siculus* reporteth, that in Egypt there was a poole, the colour of whoſe water was vermilion, which being drunke would reueale ſecrets. *Strabo* ſpeaketh of a fountaine in the Citie *Leuca*, of a moſt horrible ſmell. Beſides, this is verie ſtrange, that there is a fountaine beſides *Haſlea*, which neuer riſeth but early in the morning, at high noone, and at the ſhutting of the euening. And if therein any euill thing bee caſt that may corrupt the ſame, *Theodorus Zuingerus* mentioneth, that for certaine daies after it will not riſe at all. There is a fountaine in *Salmac* in the countrey of *Caria*, which as *Strabo* writeth, maketh men effeminate and lither. That of *Aphrodoſium* in *Pyrrhea*, cauſeth barrenneſſe, as *Plinie* noteth: and ſuch like a man man may eaſily finde, if any will take paines to read ouer the booke, entituled *Britannia*, written by that moſt learned and famous gentleman maſter

*Wil. Camden* (the beſt antiquary of our age) he ſhal there I ſay, haue plenty wherat to admire, & peraduẽture to giue ſatisfaction to that which here I haue ſet down for truth.

Some, I doubt not, but will imagine this not to bee true, but altogether falſe, the which I haue ſpoken touching the natures and ſtrange qualities of theſe waters, and of this herbe Tabacco, as though Nature could not giue ſuch power to things; yes truely and farre greater, as ſhee hath alſo giuen to beaſts according to the diuerſities of countries and regions. Wherefore then ſhould it leaue this countrey of *America*, (wherein God included the greateſt gulfe of mankind) void of ſuch a benefite, being naturally proper to it, and being temperate without compariſon more then others? As in generalitie, *Africke* yeeldeth the beſt Mules; *Europe* the beſt Lions, (as *Herodotus* and *Plinie* make report) onely to be found between the riuers *Neſtus* and *Achelous*: the one coaſting *Abdera* a citie of *Thracia*, the other being a floud of *Epyrus*, ſeparateth *Acarnania* from *Aetolia*. So in particular, we find England yeeldeth the greateſt ſtore of good ſheepe, wooll, tinne, and lead: *Muſcouia* the beſt Bees, yeelding honie and waxe in plentie, and the beſt furres. Wherefore a learned Phyſician is to obſerue, what ſtore of vegetables, either of woods, trees for fruite, or plants, the countrie yeeldeth: for euerie country hath his commodities and ſingularitie of them, fitted by the prouidence of the eternall God. As we read of in *Aſia* and *Virginia*, ſingular Cedars and Pine trees: So we haue experience, that for firre and Deale trees, *Denmarke*, *Bohemia*, *Pomerania*, *Ruſsia*, *Norway*, and the New-found land, are notorious. For Vines, France: for apples, peares, plums, and ſuch ordinarie fruit the realme of England. For oranges, lymons, pomgra-

pomgranates, and ſuch like, Spaine and other hot countries: for Oyle and Oliues, *Candia*, *&c.*

As for the ſecond, concerning things hid in the veines and wombe of the earth (for what ſhall we neede to enlarge this diſcourſe with the huge woods to bee found in *Germanie*, *Bohemia*, *Muſcouia*, and *Ireland*, or with the notorious vegetables of other nations) namely, the mines of mettals, and foſsiles, wherof there are ſuch ſundry *ſpecies*, as it may ſeeme impertinent of vs to be further touched, conſidering ſo ſoone as they are diſcouered, they be committed to writing.

Some beſides will not grant this to be true, but altogether falſe, that *Andreas Thcuetus* writeth, that Tabacco keepeth the Indians from hunger, and thirſt, for a certain time, although that our Epicureall Tabbacconiſts will ſufficiently refute the contrarie: for they will ſay, and for a need ſweare to it, that they can liue a whole weeke together, neither eating nor drinking any other ſuſtenance. And if they wil not be cõtented with this our witneſsing and affirmation, let them read *Herodotus*, which in his ſecond booke, maketh mention of a people in *Africa*, liuing onely with hearbes. *Apian* rehearſeth, that the Parthians being baniſhed, and driuen out of their countrey by *Marcus Anthonius*, liued with a certaine herbe that tooke away their memorie: neuertheleſſe they had opinion that it did nouriſh them, though that in a ſhort time after they died. Maſter *Stephen Burrough* did ſee ſome Lappians eat rocke weedes as hungerly, as a cowe doth graſſe when ſhe is hungry. I ſaw them alſo (ſaith hee) eate fowles egges raw, and the young birds alſo that were in the egges. The Indians will liue ſeuen or eight moneths in the warre with meale made of certaine hard and drie

Cleanly.

rootes, in the which ſome would iudge that there were no nouriſhment or ſuſtenance at all. And they will tell ſtrangers, who arriue in their coaſts, that they haue heard ſay of their fathers, that before they had the knowledge of the beſt rootes, they liued but with hearbs, and wilde weeds, & roots like brute beaſts. There was they ſay, in their country a great *Charaibæ*, that is to ſay, a Prophet, the which came to one of their young maidens, and gaue her certaine great roots, named *Hetich*, ſhewing her, that ſhe ſhould cut them in peeces, and then plant them in the earth: the which ſhe did and ſince they haue alwaies continued from father to ſonne: the which roots haue ſo well proſpered, that now they haue ſo great aboundance that they eat little other food, and it is as common with them, as bread is with vs.

The old Poets and ancient people of the world did conceit, that the Gods themſelues did feede vpon nothing but *Nectar* and *Ambroſia*; yea, and that ſome of them had worſe cõmons, & meaner meats, as they write of *Romulus* (who being a God as they ſay) liued vpon turneps. But, I thinke, that they rather alluded vnto the pouertie and ſimplicitie of feeding that was vſed in former ages, wherewith *Romulus* was ſo well acquainted. The Poet *Martialis* ſeemeth couertly to inſinuate, that they eat the ſame meats in heauen, wherwith in earth they were inured to feede vpon, in theſe verſes:

*Hæc tibi brumali gaudentia frigore rapa*
*Quæ damus, in cælo Romulus eſſe ſolet.*

Therefore ought not the Storie of this Gentleman Tabacco, bee thought ſo ſtrange, for men to liue withall, as though the like had neuer been heard or read of in hiſtories, and times forepaſſed. The people of the Eaſt

and

and West *India* haue diuers kindes of fruits proper only to those regions, as Nature bringeth them forth, and yet they liue long, and well disposed, being strong and of robustious constitutions: yea, they will liue (I meane the people of *America*) a whole weeke together with one groat, which neither the Spanyard, nor any nation in the world can doe, as *Petrus Martyr* saith. And for their long liues, we may read in the learned *Hackluit*, discoursing of the voiages of the English nation in farre distant parts of the world, who introduceth the example of the King of *Balloboam*, being one hundred and threescore yeeres of age, when captaine *Candish* arriued at the Iland of *Iaua Minor*, and yet he was liuing after that many yeares, at that time when the Hollanders trauailed thither to the towne of *Bantam*, which is the furthest part in the world from this realme of England, being measured geometrically. There be many who thinke it strange, that some nations liue onely with fish: and yet he that is but meanly trauailed in Histories knoweth, that the poorest sort among the West Indies, liue more with sea-fish, and other like meats than with flesh. The same is true in this our Isle of *Britaine*, especially among the Cornish men and Scots: yea, our elders in times past liued onely with fish, as many sects in religion both in these dayes, and in former ages did. The lawes of *Triptolemus* (as *Xenophon* writeth) did defend and forbid the Athenians the vse of flesh. Therefore it is no strange thing to liue with fish onely. First, in our *Europe*, and before that the ground was tilled, men liued more hardly without flesh or fish, hauing not the meane to vse them, and yet notwithstanding they were stronger, and liued the longer, being nothing so effeminate, as now in our age.

*Americus*

*Americus Veſpuſius*, one of the beſt Pilots that euer was, coaſted almoſt from Ireland vnto the cape of Saint *Auguſtine*, by the comandement of the King of *Portingale*, the yeare 1501. And ſince another Captain the yeare 1534. ſayled vnto the region named of Giants. In this Region between the riuer of *Plate*, and the ſtreight of *Magellane*, the Inhabitants are verie mightie, named in their language *Patagones*, *Giants*, becauſe of their hie ſtature, and forme of bodies. They which firſt diſcouered this countrey tooke one of them finely, being twelue foot long, who was ſo vneaſie to hold, that 25. men had inough to doe about him: and for to keep him, it behooued them to binde his feet and hands in their ſhippe, notwithſtanding they could not keepe him long aliue, but for ſorrow and thought (as they ſay) he died for hunger. Thus you ſee I haue plainely ſhewed that people dwelling in ſome regions, though faring hardly, and poorely nouriſhed, yet notwithſtanding are men both of good complexions, of perſonable and heroical, nay Giant-like ſtatures, and long liued. And this may ſeeme to bee a little beſide, though not altogether out of the way.

Deſcription of Tabacco, or *Sana ſancta Indorum.*

Trinidada Tabacco hath a thicke, tough and fibrous roote, from which immediatly riſe vp long broad leaues, and ſmooth, of a greeniſh colour, among which riſeth vp a ſtalke, diuiding it ſelfe at the ground into diuers branches, whereon are ſet confuſedly the like leaues, but leſſer: at the top of the ſtalkes, ſtand vp long necked hollow flowres of a pale purple, tending to a bluſhe colour; after which ſucceed the coddes or ſeed veſſels, including many ſmall ſeeds, like vnto the ſeede of maricrome. The whole plant periſheth at the firſt approach of winter: in hot countreys it is ſowen all times of the

yeare,

yeare, but when it firſt ſprouteth vp, it muſt be defended and preſerued from cold, and planted neere vnto a wall for the beautifying thereof; for, in ſuch hot Regions as Spaine, Naples, and Africke, it continueth green a whole yeare together, as *Bugloſſum ſemper virens*, *Telephium minus ſemper virens*, Roſemarie and the Bay-tree with vs in England doe.

It was firſt brought into *Europe* out of the prouinces of *America*, which of ſome (though I know no reaſon for it) is called the Weſt Indies, in wich is the prouince or countrey of *Peru*: but being now planted in the gardens of *Europe*, it proſpereth very well, and cometh from ſeed in one yere to beare both floures & ſeed. The which I take to be the better for the cõſtitution of our bodies, then that which is brought from *India*, and that growing in the Indies, better for the people of the ſame countrey; notwithſtanding it is not ſo thought nor receiued of our tabackians: for according to the Engliſh prouerbe, *Farre fetcht, and deere bought, is good for Ladies.* The place.

Tabacco muſt be ſowen in the moſt fruitfull grounds that may be found, and careleſly caſt abroad in the ſowing, without raking it into the ground, or any ſuch paine or induſtrie taken as is requiſite in the ſowing of other ſeedes, as I my ſelfe haue found by proofe, who haue experimented euery way to cauſe it quickly to grow: for I haue committed ſome to the earth in the end of March, ſome in Aprill, and ſome in the beginning of May, becauſe I durſt not hazard all my ſeede at one time, leaſt ſome vnkindly blaſt ſhould happen in the ſowing, which might be a great enemie thereunto. The time.

It is hot and drie, & that in the ſecond degree, as *Monardus* thinketh, and it is withall of power to diſcuſſe or reſolue, The temperature.

ſolue, and to cleanſe away filthy humours, hauing alſo a a certaine ſmall adſtriction, and a ſtupefying, or benumming qualitie, and purgeth by the ſtoole. And *Monardus* thinketh that it hath a certaine power to reſiſt poyſon. And to prooue it to be of hot qualitie and temperature, the byting qualitie of the leaues doth ſhew, which is eaſily perciued by taſte. Alſo the greene leaues layed vpon vlcers, draw out filth and corrupt matter, which a cold ſimple would neuer doe. The leaues likewiſe being chawed, draw forth fleagm & water, as doth alſo the fume takē when the leaues are dried: which things declare that this is not a little hot. For what things ſoeuer being chewed, or held in the mouth, bring forth fleagm & water, the ſame be al accounted hot, as the root of pellitory of Spain, Saxifrage, maſter-wort, betony, and hyſſop, with other things of like power. Moreouer, the benumming qualitie hereof is not hard to be perceiued: for vpon the taking of the fume at the mouth, there followeth an infirmitie like vnto drunkennes, & many times ſleep, as after the taking of *Opium*; which alſo ſheweth in the taſte a byting qualitie, & therefore is not without heat; which when it is chewed and inwardly taken, it doth forthwith ſhew, cauſing a certaine heat in the cheſt, and yet without troubling of wits, as *Petrus Bellonius* in his third book of ſingularities doth declare: where alſo he ſheweth, that the Turkes doe oftentimes vſe *Opium*, and take one dram and a halfe thereof at one time, without any other hurt following, ſauing that they are thereupon taken, as it were, with a certaine light drunkenneſſe, vertiginie, or giddineſſe in their braines. And *Hollerius* in his practiſe telleth vs, that hee knew a Spaniard take halfe an ounce of *Opium*, and yet neither death, nor deaths harme followed. So alſo this Tabacco

being

being in taſte byting, and in temperature hot, hath notwithſtanding a benumming qualitie.

Hereupon it ſeemeth to follow, that not only this henbane of *Peru*, but alſo the iuyce of poppie, otherwiſe called *Opium*, conſiſteth of diuers parts, ſome byting and hot, and others extreame cold, that is to ſay, ſtupefying and benumming: if ſo bee that this benumming qualitie proceede of extreame colde (as *Galen*, and all the old Phyſitians hold opinion:) but if the benumming qualitie, or facultie, doth not depend of an extreame cold temper, and that in the fourth degree, but proceedeth of the eſſence of the ſubſtance; then may Tabacco be both cold, and alſo benumming; of temperature, hot and benumming, not by reaſon of his temperature, but through the propertie of his ſubſtance, otherwiſe then a purging medicine, which hath his force, not from the temperature, but from the eſſence of the whole ſubſtance.

Before I proceede any further to ſhew againſt what ſickneſſes this herbe Tabacco moſt preuaileth, I will firſt briefly declare, what ſickneſſe is, and how many ſorts or kinds therof there be, that I may be the better vnderſtod in the diſcourſe following. Sickneſſe (then) is an euill affect contrarie to Nature, hindring of it ſelfe ſome action of the bodie. Of ſickneſſe there be three generall kinds, whereof the firſt conſiſteth in the parts ſimilar. The ſecond in the parts inſtrumentall. And the third in both parts together.

The firſt kind is called of the Latines, *Intemperies*, that is to ſay, euill temperature: which is either ſimple or compound. It is ſimple, when one qualitie only doth abound or exceed too much, as to be too hot, or too cold. It is cõpound, whẽ many qualities do exceed, as when the body

is too hot and too dric, or too cold and too moiſt. The ſecōd kind is called *Mala conſtitutio*, that is to ſay, an euill ſtate or compoſition: which is to be conſidered, either by the ſhape, number, quantitie, or ſite of the member, or part euill affected or diſeaſed. The third kind is called, *vnitatis ſolutio*, that is to ſay, the looſing or diuiſion of the vnitie: which as it may chance diuerſly, ſo it hath diuers names accordingly. For if ſuch ſolutiō or diuiſion be in a bone, then it is called a fracture. If in any fleſhie part, then it is called a wound or vlcer; in the veines a rupture; in the nerues or ſinewes, a conuulſion or crampe; and in the skinne, an excoriation. Againe of diſeaſes, ſome be called Long, and ſome Sharpe and Short, tearmed of the Latines *Morbi acuti*, which be perilous, and doe quickly kill the bodie. The Long do carie a greater time with it. And yet moreouer there is ſickneſſe by it ſelfe, and ſickneſſe by conſent. Sickneſſe by it ſelfe, is that, which being in ſome member, hindreth the action thereof by it ſelfe. Sickneſſe by conſent, is deriued out of one member into another through the neighbour-hood and communitie that is betwixt them: as the paine of the head, which commeth from the ſtomack, becauſe they commnnicate and impart their dammages from one to another by certaine ſinewes, paſsing and being common to either of them.

Thus the learned Phyſitians which write of mans bodie doe diuide ſickneſſe. Now if any man will curiouſly diue and ſearch into the nature of theſe, Tabacco being giuen in his due time yeeldeth no ſmall releefe and comfort; for according to the old ſaying:

*Temporibus medicina valet: data tempore proſunt:*
*Et data non apto tempore vina nocent.*

Phyſicke

Phyſicke at times doth helpe: giue wine in ſeaſon,
It alſo helpes: too much brings out of reaſon.

And *Seneca* ſaith: *In morbis nihil eſt magis periculoſum quàm immatura medicina*: in diſeaſes there is nothing worſe or more dangerous then vntimely giuing of medicines, and out of due ſeaſon. And againe, this ſaying of *Liuie* agreeth thereto. *Et ſcio medicos, plus interdum quiete, quam mouendo atque agendo proficere.* For according to the times and ſeaſons of the yere, the qualities of medicines are to be conſidered. For ſome are more familiar to ſome bodies at ſome ſeaſons of the yeare, then at other-ſome againe, and fitter applyed to amend and correct the diſtemper of parts, and to expell euill iuyces. For who knoweth not that the ſpring is accounted the holeſomeſt: which *Galen* calleth temperate, but *Paulus Aegineta* (his Apè) *Aetius* and the Peripatetikes affirme to encline rather to hot and moiſt (for there is nothing in Nature abſolutely temperate) and this ſeaſon is moſt agreeable to the beſt habite.

It is for the moſt part good for ſickly conſtitutions, or at leaſtwiſe, it hurteth not: for as *Hippocrates* in his third booke, *Aphoriſme* the twentieth, ſaith, it cauſeth madneſſe and blacke Iaundiſe, leproſie, coughes, ring-wormes, morphues, or ſtaynings of the skin, and many vlcerous puſtules, and breakings out with paines of the ioynts: not ſo much through the fault of the aire, but through the ſtrength of Nature, being then fortified and made more liuely by the temperate heat of the ſpring to expel ſuperfluities, and to ſeparate naughtie humors, & to thruſt thē forth to the more ignoble parts. The ſame heat helpeth likewiſe Nature, being readily diſpoſed & willing to make a ſecret and inſenſible tranſpiration thorow the

bodie, by which it ought to bee expurged and auoided. So that the nature of this ſeaſon ought to be regarded, as well in the often taking of this medicine Tabacco, as in others alſo: ſo that I iudge it not the ſafeſt to vſe Tabacco at this time, vnleſſe by the aduiſe of the learned: for to take it without difference and immeaſurably as ſome abuſers doe, muſt needes doe hurt, and I am ſure a great deale in ſome of theſe fore-recited griefes.

Summer is hot and drie, ſubiect to bilious or cholerick diſeaſes. The beginning of the ſummer admitteth the diſeaſes of the ſpring: but the midſt breedeth vſually, continuall and burning feuers, bleareyednesse, tertian agues, vomiting of yellow choler, cholericke fluxes of the belly, paines of the eares, and vlcerations of the mouth: putrefactions of the lower parts; eſpecially when the ſummer beſides his heat, is enclined to ouermuch moiſture, and that no windes blow, and the weather bee darke, fowle, cloſe & rainie, or that *pincerna pluviarũ*, I mean the ſouth winde, which bringeth much raine, doth much blow. And redde and angrie wheales by meanes of much and often ſweating, being either cholericke, ſharpe, or byting, doe abound. For they ſting and gnaw the skinne, making it ytchie, angring, and exaſperating it after the faſhion of ſome ſore. So that in this ſeaſon, and for theſe remembred griefes, no man, I truſt, will grant Tabacco to bee verie holeſome. But if any ſpitting Tabacconiſt bee ſo much bewitched, as that hee ſtill muſt long after it, and cannot refraine, he ſhall heare the Epigram of the noble Poet *Hercules Strozza*, which hee wrote againſt a great Gourmandizer or belly God. Let the Tabacconiſt be his owne interpretor, or make what morall he pleaſe, and thus it is.

*Sæpe*

*Sæpè bibis, quò sæpè vomas, & sæpè voracem*
*Distendas miseri corporis ingluviem.*
*Quin si fortè tenax stomacho cibus hæserit, hunc vel*
*Dextra, vel in fauces indita penna ciet:*
*Tanquam sis genitus perdenda ad vina, nec vlli*
*Te natura alij finxerit officio.*
*O dignum laqueo facinus; quodcunque voratur,*
*Turpiter ingeritur, turpiùs egeritur.*

Thou quaffest oft, to vomit much:
by which thy riotous guise,
Thy burſten belly ſtrouteth out,
in ſtrange and monſtrous wiſe.
And if by chance thy meat within
thy ſtomacke ſticketh ſtill,
Thou ſtreight doeſt ſeeke to force it vp,
with finger or with quill:
As though (belike) Nature thee made
onely to drinke downe wine,
Beaſt as thou art, and to no o-
ther thing did thee aſsigne.
Hang ſuch a ſlaue: what ere goes in
tis filthy out of doubt,
And cramd into his greedie gorge,
muſt needs goe filthy out.

Autumn is drie and ſomwhat cold, very vnequall, that is ſomtimes hot and ſomtimes cold. It is euill for thoſe (as the ſpring is) that haue any conſumptions or putrefaction of the lungs, (for *cùm folia decidunt & germinant, moriuntur tabidi:*) It cauſeth for the moſt part verie deadly griefs and diſeaſes, yea and many of thoſe that were rife in ſummer, likewiſe quartane agues, and wandring ſwellings,

and

and hardneſſes of the ſpleene, dropſies, ſtranguries, fluxes of the belly, paines of the hip or hanch, ſquinſies, ſhortneſſe of breathing, *Iliaca* paſsions, epilepſies, frenzies, and melancholicall paſsions. So that in this ſeaſon which we call the fall of the leafe, we muſt not too often vſe Tabacco, vnles with great warineſſe & aduiſe of the learned: and for this ſeaſon, a man may ſay of Tabacco in ſome ſenſe, as *Heſiodus* ſpeaketh of his fathers dwelling place or the village called *Aſcra*, that it was χεῖμα κακῇ, θέρει ἀργαλέῃ, οὐδέποτ' ἐσθλῇ. *Hyeme mala, æſtate moleſta, nunquam bona.* Euill in winter, bad in ſummer, but neuer good.

The winter quarter is cold and moiſt and flegmaticke, verie ſubiect to deſtillations, pluriſies, inflammations of the lungs, lethargies, ſtuffings in the head, murres and poſe, coughes, paines of the breaſt, ſides and loynes, vertiginies, ſwimming or giddineſſe of the braine, and apoplexies. So that in moſt of theſe, it muſt of neceſsitie bee concluded, that Tabacco is a noble medicine, and fit to be vſed. For you ſee that in complexions and mens natures, ſome are well and indifferently affected, and others againe either well or ill in winter. And ſo much for this.

Now as good regard and conſideration is to be obſerued, and kept in Tabacco taking, concerning the ſeaſons of the yeare, ſo likewiſe the ſame preciſe order is to bee obſerued for complexions. All they therefore that either of the nature of their own bodily ſtate, are of a drie complexion, or by any defect in their parents at their birth & procreation; or finally, by any accidentall miſhap or cuſtome of liuing, as by want of foode, thought, watchings, heauineſſe of minde, or immoderate labour haue commonly bodies ſlender and thinne: and their skinne (where

drineſſe

drineſſe is great) ſcuruy, rugged, vnſeemely and lanke, ſwart and yelow, that are faced like Death, and leane as a rake: and to conclude, that are in all reſpects reſembling the phyſiognomie and ſhape of Enuie, deſcribed by *Ouidius*, muſt in any wiſe baniſh Tobacco farre from them, as a thing moſt pernicious.

*Pallor in ore ſedet, macies in corpore toto,*
*Nuſquam recta acies: liuent rubigine dentes:*
*Riſus abeſt, niſi quem viſi mouere dolores:*
*Nec fruitur ſomno vigilantibus excita curis,*
*Sed videt ingratos, intabeſcitque videndo*
*Succeſſus hominum, carpitque ac carpitur vna.*

*Ouid lib. 2. Metam.*

In Engliſh thus.

A face like aſhes pale and wanne,
A bodie ſcraggie leane,
A leering looke, and teeth all furr'd
with droſſe and filth vncleane:
Her ſtomacke greeniſh is with gall,
her tongue with venome fraught:
And neuer laughes, but when miſhap
or harme hath others caught.
No winke of ſleepe comes in her eyes:
and reſt ſhe none can take;
For fretting carke and cankred care
her watchfull ſtill doth make.
Full ſore againſt her will it is
that any man ſhould thriue,
Or proſper in his buſineſſe:
for that doth her depriue
Of all her reſt and quietneſſe:
thereat the helliſh Elfe

Doth ſtampe and ſtare, doth fret and fume
and pines away her ſelfe,
And to her ſelfe a torment is:
for, ſeeking to annoy
The wealth and ſtate of other folkes,
her ſelfe ſhe doth deſtroy.

So then as the caſe ſtandeth, ſeeing that Tabacco is ſo hurtfull to drie complexions, it muſt of neceſsity be verie good and holſome for thoſe men that are of moiſt conſtitutions: for he that is of this temperature, hath a bodie ſoft, not rugged and rough, white skinned; his veines and ioynts not ſtanding out, nor greatly appearing; his haire plaine and flat, and for the moſt part thick withal. Their taſte and ſmelling, and other obiects of their ſenſes be blunt and groſſe. And if withall they be cold, they are for the moſt part, in minde and wit doltiſh and dull, ſlouthfull and lumpiſh: finally, neither by nature, neither by vſe, forecaſtfull, ſharpe-witted, nor craftie: by reaſon their naturall heat is languiſhing and feeble, and drowned with moiſt and cold humors: and therefore alſo their memorie is verie faileable, obliuious, & nothing at all (in a manner) retentiue. Their ſpeach, as likewiſe their pulſes, and manner of gate, ſlowe and dull. And becauſe commonly they be aſſailed with many and ſundrie diſeaſes, for that they be giuen to ſit ſtill, louing their eaſe and idleneſſe, whereby many crude and raw humors are heaped vp in their bodies, it muſt needs bee graunted that Tabacco being hot and drie in qualitie, muſt of neceſsitie do them much good: and euen no leſſe than labour and exerciſe doth in waſting wateriſh and cold ſuperfluities. For ſluggiſhneſſe and ſlouth (as witneſſeth

*Cornelius*

*Cornelius Celſus*) dulleth the bodie, but labour and exerciſe maketh it firme and luſtie: the one bringeth old age before the time, and the other making youth to laſt long. And therefore ſtrong motions and exerciſes, and likewiſe taking Tabacco are more requiſite for theſe perſons: for otherwiſe cold and moiſt humours would too much increaſe, and heat quaile and be enfeebled.

But I purpoſe now briefly by the way, to ſhew the nature and conditions of a hot and drie complexion, and of cholericke perſons, and finally by what markes and tokens they are to bee perceiued, diſcerned, found out, and knowen, to ſee whether Tabacco be fitting theſe kinde of people or no. And firſt to ſpeake of the outward ſignes. A bodie of this conſtitution is hot, ſlender, leane, muſculous, of decent bigneſſe, and meane ſtature: of colour they be browniſh, aburne, or ſomewhat ruddie, ſpecially when their angrie mood is vp, or their bodies ſet in a heat with exerciſe: and ſome bee pale and yellowiſh. Their skinne rough: their heart-ſtrings and veines bigge and apparant, and not lying hidden vnder the fleſh: their tongue rowling at pleaſure, readie and flowing in vtterance: their haire blacke, and in ſome curled and naturally frizled, whereas the heat and drineſſe is very great and vehement: their noſes (for the moſt part) are crooked like a Haukes bill, they haue tongue at will, and are as *Iuuenalis* the Poet fitly ſaith in his 3. *Satyr.*

*Ingenium velox, audacia perdita, ſermo*
*Promptus & Iſæo torrentior, obiter illos*
*Eſſe putes quemuis hominem; tum dicier aptè*
*Grammaticus, rhetor, geometres, pictor, aliptes,*
*Augur, ſchenobates, medicus magis omnia nouit.*

In Engliſh thus:

Of dapper wit, and deſperate bolde,
fine phras'd with gallant grace:
More eloquent than *Iſæus*,
for euerie time and cale:
Ech perſon can they aptly play,
At ech art can they aime,
At Grammar, Rhetricke, Geometric,
Painting, and for the game,
At Sooth-ſaying, and cunningly
vpon a rope to dance;
At Phyſicke, Magicke, ripe are they
and free of euery Haunce.

And therefore ſithence thoſe perſons are of hot complexion, and that in their bodies yellow choler is prædominant, which is compared very aptly to fire, it muſt needs fal out, that tabacco being a hot plant, is very hurtful to them, & in no wiſe to be vſed; for this is not the way to ſubdue and alter, but rather make one more cholericke and hot. For if a man ſhould ſtill cheriſh and nouriſh it with his like in temperature, hee ſhould doe nothing elſe but *Flammam oleo extinguere*, as the prouerbe is, *quench the flame with oyle*, and adde fire to flaxe by exaſperating the diſtemperance, and increaſe the tyrannie of this hot humor, by making it the more vehement. So that in dry & hot bodies we muſt haue no refuge or ſuccor to tabacco, conſidering thar in conſtitutions that be quite contrarie, we finde that it doth much good. For we ſee that if men haue their ſtomackes ſurcharged with aboundance of loathſome, clammie, and tough fleagme, Tabacco doth ſcoure and cleanſe it away more than any other, and (if tabacconiſts

bacconiſts ſay no more than may bee warranted for truth ) than all other helpes, and meanes whatſoeuer. Tabacco conſequently doth much good vnto all ſuch, whoſe heads are filled with moiſtiſh vapours: for thoſe fumes or reekes, ſtriking vpwards as in a ſtillatorie, grow into a thicke, and ſniuelly fleagme, whereby through coldneſſe of the braine, the parties become ſubiect and open to ſundry diſeaſes, as the poze, murre, hoarſneſſe, cough, & many others; of which ſort is the rheume or deſtillation of humours from the head, wherewith in *Romney* marſh, and diuers places of Eſſex, Kent, and the Iſle of Ely, both rich and poore, high and lowe in winter ſeaſon are much troubled, and finde by experience to be true, and yet many of them be very healthy, and as ſound as a bell.

*Præcipuè ſanus, niſi quum pituita moleſta eſt.* *Horat. li. 1. Epiſt. 1.*

In Engliſh thus:

In perfect health and throughly ſound,
But when that fleagme doth much abound.

Inſomuch that I am ſometimes driuen into an admiration, to conſider how ſuch abundance of filthy humors ſhould reſt in the head, which Nature one while at the mouth, another while at the noſe and throat, expelleth and purgeth.

Becauſe the colde complexion is cleane oppoſite and contrarie to the hot conſtitution: and for that this is the worſt of all others, and furtheſt from that ſtate which is beſt: I will addreſſe my next ſpeech to ſpeake ſomewhat of it; to the end, I would haue men reſolued whether Tabacco be holſome for them or no. And becauſe colde

is cleane contrarie to heat, it muſt of neceſsitie be concluded, that Tabacco is very holeſome for colde complexions, ſeruing as a helpe in the office of concoction and digeſtion, conſidering that in this ſtate of bodie there lacketh heat ſufficient, and the other powers and faculties natural, are not able for the weaknes of the inſtruments and organes, to attract and digeſt that nouriſhment that is moiſt, nor to make it like and conſubſtantiall with the bodie and members.

I haue known many of this complexion, that through groſſe and clammie glewiſh flegme, haue gotten the Lethargie, or drowſie euill, the Apoplexie, the crampe, palſey, and wrie mouthes. There is none of theſe perſons, but hee aboundeth, and is repleat with much fleagme, and flegmatick excrements, which maketh them lumpiſh and ſleepie, forgetfull, ſlow of bodie and minde, and pale coloured, except ſometimes at the comming of their eſpeciall friends they bee heated with wine or good Tabacco, and therby haue dumps driuen out of their minds: for by this meanes their colour is made freſher, and all drowſineſſe baniſhed and chaſed out of their minds.

As the time of the yeare, and different complexions; ſo likewiſe the cuſtom and frequent vſe of Tabacco is to be regarded. Some haue reported, that it little auaileth, and that it profiteth a hot complexion nothing at all: but experience (the miſtreſſe of wiſdome) hath not ſhewed it to be iniurious to either. For if a man haue been often inured to the taking of it, it can doe no ſuch great harme, as it doth in a man that taketh it ſeldome; for, *Conſueta mala minùs ſunt infenſa*: accuſtomed euils are the leſſe hurtfull or offenſiue: and Cuſtome is another Nature; and we ought, as *Hyppocrates* ſaith, to haue no leſſe regard vnto it,

it, than to our owne proper and engraffed temperament. *Gaudent naturæ consuetis semper.* And againe, *Consuetudo plurimum potest, repentináq; ab ea digressio non parùm oblædit corpora. Com. 2. in prognost. Cap.* II. *Consuetum quod est, bonum est, vel saltem minùs nocet ijs, quæ naturâ quidem innoxiâ sunt, sed nunquàm in consuetudinẽ peruenerunt.* For, as the same *Galen* in another place saith of meats, we may likewise say of medicines: *Ciborum vim & naturam ab experientia quisque sua magis quàm à ratione dijudicet, Com. 4. de v. r. in c. 89.* And againe, *Ventriculus amplexatur ea & longè facilius concoquit, quæcunq; cum voluptate assumit, auersatur autem ea quæ displicent: vnde nauseæ, flatus & fluctuationes subsequuntur. Com. in Aph. 38. lib. 2.* For wee finde by experience, that if a man in time of health haue acustomed himselfe to the continuall drinking of cold water, and hath felt no offence nether in his liuer, bladder, stomach, nor any other part, it is manifest that he findeth ease and reliefe by that which another not acquainted withall possibly cannot: yea, Physicians which proceede by reason and experience doe confesse, that there is a great force and vertue in Custome, liuely shewing the nature of euery particular body, which, as I said euen now, *Hippocrates* himselfe expresly auerreth, writing that a moist diet is best fitting for those persons that haue any Feuer; adding yet further, Especially (saith he) to children, & such as haue been long vsed and acquainted themselues by custom to such a diet: and consequently we must yeeld somewhat to custome; for he saith, that bad meats and drinkes being accustomably taken, are farre safer than others, if a man should sodainely alter old custom, and take others farre holesomer. For if one dine, which hath not vsed himselfe to it, hee is

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by & by made weaker, heauy, dul, lumpiſh, lazie, & ſickiſh: and if beſides this he take his ſupper, hee ſhall ſoone feele windineſſe, ſowre belchings, and looſeneſſe of the belly; for the ſtomacke being repleat and ouercharged with ſuch an vnuſuall burthen, which before was wont to bee drie and emptie, now ſwelleth, diſtendeth, and with paine ſtretcheth it ſelfe out. So yet againe there be ſome laboring men, which hauing ſtomacks like Eſtriches will diſgeſt yron, and fall to their victuals thrice in a day without any bones at all: for, *Ieiunus ſtomachus rarò vulgaria temnit.* Hungry dogges will eat thirtie puddings, as the Iriſh man ſaid. There be others found, which will make a good large dinner, but take no ſuppers at all, (and contrariwiſe) ſo that if contrarie to cuſtome they doe ſuppe, they ſhall finde themſelues to be troubled with heauineſſe in the belly, ſo that they cannot ſleep without much tumbling and toſsing. So then my concluſion is, that if one haue but accuſtomed himſelfe to take Tabacco, hee muſt not ſodainely leaue it, but by degrees. So that it is no maruell, if any not acquainted with taking the fume of this hearbe, if it cauſe a vertiginie or giddineſſe in the braine, epilepticall acceſsions, inclinations to fainting and ſounding, head-ach, dimneſſe of ſight, and other different effects, as I haue often ſeene. We may ſay the like of wine, ale, beere, and the like, to which diuers men are not inured but by long cuſtome.

How great the force & power of this cruell tyrant Cuſtome is, that creepeth in by little & little, inſinuating and cõueighing himſelf ſlily into our natures, ſo that at length he will be ſo malepart, as to vendicate the whole rule and gouernment of our bodies, preſcribing and limiting new lawes, euen ſuch as it ſelfe pleaſeth, and abrogating olde

ancient

ancient orders, constitutions, and fashions, *Theophrastus* in his 9. booke *de Histor. Plantar. Cap.* 18. plainly sheweth by the example of one *Thrasias*, who durst venture to eat whole handfuls of *Helleborus albus*: and of *Eudemus Chius*, who sitting one day in the open mercate, tooke two and twentie potions of the same *Helleborus*, and after that went to supper, and dispatcht his other ordinarie affaires & busines, without any vomiting or perturbation of stomacke or bodie. Hee had by degrees accustomed his bodie to it, by first taking a little at once, & afterwards he encreased the quantitie by little and little, vntill at length he durst take so much thereof as was incredible, and neuer felt hurt.

Sithence therefore that neither reason nor Philosophie can bridle or ouer-rule the power and force of custome, it is no maruell though mans bodie be ouer-mastred therwith: which in my conceit ought to be a good lesson to many Physicians, to regard and marke well the proper constitution and state of euerie mans bodie, & to what he hath bin most inclined or accustomed, being withall very diligent and carefull to administer nothing rashly, and at aduenture (as many blinde medicine-giuers and receitmen doe) neither yet any desperate or vnknowne thing vnto any; for such, are no better than murtherers before God, if their Patients prooue not well vnder them. Neither let couetousnesse ouer-rule them, as those Physicians and Surgeons that dally with mens bodies to get much money: but let euery one account it his dutie to doe good to all. And in so doing, they shall finde God their Phisician, not onely of their bodies, but of their soules: whereas otherwise the saying of our nation may be applied fitly vnto them, Physicians cure your selues.

The leaues of Tabacco at this day bee onely in vſe (although for want of them, ſome doe make vſe of the ſeeds) and becauſe they would haue them in a readineſſe, they thruſt them thorow with a needle and thread, and ſo haue them to drie in the ſhadow: and afterwards at their pleaſure, vſe them either whole, or being brought into powder. Becauſe of his heat and drineſſe, it muſt needs make hot, reſolue, mundifie, & a little adſtringe, as one may eaſily iudge by his vertues that hereafter follow.

The drie leaues of Tabacco are good to be vſed, taken in a pipe ſet on fire, and ſuckt into the ſtomacke, and thruſt forth againe at the noſtrels againſt the paines of the head, rheumes, aches in any part of the body, whenceſoeuer the originall doth proceede, whether from France, Italie, Spaine, Naples, India (being all pockie hot countreys) or from our familiar and beſt knowne diſeaſes. Thoſe leaues doe palliate and eaſe for a time, but neuer performe any cure abſolutely: for although they emptie the bodies of humours, yet the cauſe of the griefe cannot be ſo taken away. But ſome haue learned this principle, that repletion requireth euacuation, that is, fulneſſe craueth emptineſſe, and by euacuation aſſure themſelues of health: but this doth not take away ſo much with it this day, but the next bringeth with it more; as for example, a Well doth neuer yeeld ſuch ſtore of water, as when it is moſt drawne and emptied. My ſelfe ſpeake by proofe, who haue cured of that infectious diſeaſe a great many, diuers of which had couered or kept vnder the ſickneſſe by the helpe of Tabacco as they thought; yet in the end haue been conſtrained, to haue vnto ſuch a hard knot a crabbed wedge, or elſe had vtterly periſhed.

Fleagme in mans bodie, as it is diuers; ſo diuerſly it

muſt

muſt be altered: for being by nature cold and moiſt, it eaſily is conuerted into thickneſſe, or hard & tough ſlimineſs, and in regard of his tenacious qualitie, it is verie difficult to be remooued: for it doth not very eaſily giue place, either to the vertue expulſiue, or yeeld to an attractiue medicine. And to cauſe it to be pliable and yeelding, there be fiue things required; namely, heat, ſiccitie, attenuation, abſterſion, and cutting or diuiding, which wee call inciſion: all which properties Tabacco is furniſhed withall, and adiudged fit to be vſed in all tough and viſcous humours wherewith the bodie is ouer-charged.

*Mercurius Britannicus* in his third booke *De terra Auſtrali antehac ſemper incognita*, in the deſcription of a certaine countrey, tearmed *Morouia* (where none but fooles dwell) I ſuppoſe that it lyeth nere *Portugall*, for that countrey is reported to abound with fooles, as *England* is ſaid to ſauour of vanitie; he wondered (I ſay) at one thing and muſed aboue the reſt, and that not without iuſt cauſe, that many of the Inhabitants there do liue neither vpon bread nor meat, as other nations for the moſt part doe, but only on the ſmoke of a certaine vnholeſome hearbe, which they taking at their mouthes, forthwith againe thruſt forth at their noſtrels, ſeeming as it were, ſo many ſmoakie chimneys. Many men ſtand in doubt, neither can it be fully reſolued whether the cockſcombly Morouians learned this faſhion frō the poor naked Indians, or the Indians from them. There be ſome hold opinion, that certain Indians dwelling neere vnto *Torrida Zona*, were the firſt inuentors and finders out of this ſmokie medicine, that inwardly alſo they might turne blacke: for you muſt imagine, that their Morian-black hue pleaſed them wondrous well, and they iudged it no reaſon that the inward

parts ſhould any whit differ or varie from the outward.

Howſoeuer it be, this is certaine, that when their noſes are filled, their purſes many times are emptied, and the patrimonies of many noble young Gentlemen, haue been quite exhauſted, and haue vaniſhed cleane away with this ſmoaky vapour, and hath moſt ſhamefully and beaſtly flyen out at the maſters noſe. But yet this may ſeeme verie ſtrange, yea as ſtrange as the rich mans kitchen in Cheap-ſide, which had no fire in it for ſixteene yeeres together, that whi'eſt theſe luſtie yonkers and tabacconiſts eleuate their noſes on high, ſnuffing vp the fume verie gallantly, that their kitchens in the meane ſpace haue beene key-colde. They that choppe away their patrimonies for the vaniſhing ſmoake of Tabacco, are ſcarſe ſo wiſe as *Glaucus*, who was ſo madde headed, as that hee would needs change and giue away his armour of gold, which was priſed to be worth one hundred Oxen, with the yron armour of *Diomedes*, that was ſcarſe worth nine Oxen. The famous Poet *Homer* maketh mention of this bartering in the ſixth of his Iliades, in theſe words; χρύσεα χαλκείων, ἑκατόμβοια ἐννεαβοίων. *Id eſt, Aurea æreis, centenaria nouenarijs*: or as *Alciatus* hath tranſlated it, *lib. 2. Prætermiſs.*

*Proquénouem centum, pro ferro tradidit aurum.*
He gaue away one hundred for nine, and gold for yron.

Some vſe to drink Tabacco (as it is tearmed) for wantonnes, or rather Cuſtom, & cannot forbeare it, no, not in the midſt of their dinner or ſupper: which kind of taking is vnho'ſome, & very dangerous, if not ſlouenly; although to take it ſeldom, and that phyſically may do ſome good,

and

and is to be tolerated. Otherſome there bee that ſpend whole daies, moneths, times and yeares (for the moſt part) in Tabacco-taking, not ſparing to take it euen in their bed, ſeeking by all meanes poſsible to hinder and peruert the courſe of Nature, and naturall order: which thing is both a great miſſpending of precious time, and a great empairer of bodily health, accelerating by theſe diſorders their owne deaths, before either Nature vrge, Maladie enforce, or Age require it.

Wherefore wee ought euer to remember that golden Aphoriſme of reuerend *Hippocrates*; *Non ſatietas, non fames, non aliud quidquam bonum eſt, quod modum excedit.* And againe, παν̃ τὸ πολὺ, τῇ φύσει πολέμιον, τὸ δὲ κατ' ὀλιγον ἀσφαλὲς. *Hoc eſt: adeoque in vniuerſum nimium, Naturæ bellum indixit.* A man may haue too much of his mothers bleſsing. It was death for any magiſtrate, or any one placed in high authority and office amongſt the people of *Locris*, to drinke any wine; vnleſſe for healths ſake, the Phyſitian had preſcribed to the contrarie: ſo I could wiſh the like lawe to our huff-ſnuffe Tabacconiſts, that miſſpend the flowre of their youth in this ſmoaking vanitie. Thus you ſee that Tabacco is a fantaſticall attracter, and glutton-feeder of the appetite, rather taken of many for wantonneſſe, when they haue nothing elſe to doe than of any abſolute or neceſſarie vſe, which is much to bee diſcommended: but I commend the ſyrupe aboue this fume or ſmoakie medicine.

Surely, if wee did obſerue time, and the golden meane (ſo much ſpoken of) Tabacco it ſelfe is no more to be diſliked or reiected, thã *Boleti eſculenti*, becauſe the emperor *Claudius Cæſar* died with eating of them; whereof both

*Plinie* in his two and twentie booke, *chap.* 22. *Cornelius Tacitus* in his twelfth booke, *Suetonius Tranquillus* in *Claudio. cap.* 44. and *Dio* in his 58. booke make large mention. The Storie is this: There was in times past, as there is now adaies, a kinde of *Fungus esculentus*, a kinde of Mushrom, which was thought to be a dish fit for Princes in regard of their delicate taste and holesomnesse, yet at length it grewe infamous, because *Agrippina* the Empresse poysoned *Claudius Cæsar* her husband with them, either hee surfeiting through his greedie eating, as King *Iohn* did with eating of Lampries, as some of our histories report, (for both these Princes took a singular delight in either of these meats) but some say; the King died with peares; some, with plums; but most hold that he was poysoned by the hands of a pole-shorne Monk of *Swinsted* Abbey in Lincolneshire: the like is supposed, that the wicked woman added a little poyson to these mushroms, because she would be rid of her husband the Emperour, to the intent to settle the gouernment, and to set the crowne vpon her owne sonnes head *Nero*, who indeed succeeded *Claudius* in the Romane Empire. Hence proceeded those quips and taunts of *Iuuenalis* the famous Poet, who liued in those daies, against these kindes of mushroms, called of the ancients, *Boleti*: in his first Satyre.

*Vilibus ancipites fungi ponentur amicis,*
*Boletus domino: sed qualem Claudius edit*
*Ante illum vxoris, post quem nil amplius edit.*

And in the sixt Satyre:

*——minus ergo nocens erit Agrippina*
*Boletus: siquidem vnius præcordia pressit*

*Ille*

*Ille ſenis, tremulumqúe caput deſcendere iuſsit*
*In cælum.* ——

Hence alſo proceeded that bitter taunt of wicked *Nero* his ſucceſſour, tearming *Boletus* βρῶμα θεῶν, *hoc eſt Deorum cibum*, the meat of the Gods; becauſe *Claudius Cæſar* died with eating of them, and the ſuperſtitious gentiliſme imagined that their *Cæſars* or Emperours after their deathes were tranſlated into the number of the Gods.

From hence likewiſe it was, that *Martialis* vttered this imprecation:

*Boletum, qualem Claudius edit, edas.*

And this common verſicle is not yet quite forgotten:

*Boleti lethi cauſſa fuêre mei.*

But it is a thing not ſo much to bee wondred at, that poyſons haue been foiſted amongſt muſhroms, and mixed alſo with other meats; for wee read in hiſtories, that they haue been giuen in Sacrifices. For *Victor* the third Biſhop of Rome was killed with poyſon that was conueighed into the chalice, whereof hee dranke when Maſſe was celebrated, not without the ſcoffes and mockerie of his enemies, who ſaid, It was a verie diuine draught that ſent *Victor* in ſuch poſt haſte without much adoe to the ioyes euerlaſting.

In this point therfore, I would frame vnto our Tabacconiſts this hortatorie admonition, that they keepe a moderation in receiuing the fume thereof, and that likewiſe they take it not, in caſe it be infected with ſom poyſonous qualitie, as it many times is, leſt this Epitaph be inſcribed on their graues:

Here lieth he had liued longer, if
He had not choakt himſelfe with a Tabacco whif.

Tabacco

Tabacco of all men is concluded to be a verie holsome medicine, for rheumes, paines of the head, &c. and yet in the vse of Tabacco, and such hot medicines there must be a great discretion that all be done in due season, and rationally: for if so bee, that one vse hot medicines verie much, and a long time in passions of the braine, hee shall doe more hurt than good, inducing a neshnesse, softnesse, or flagginesse of the muscles and fleshie parts; their fibres being relaxed, the proper nutriment of the muscles being dissipated and exhausted, and another excrementitious and wateriſh humour comming in place, that is nothing apt to nourish, so that many times weaknesse of the sinewes doe proceede from these causes: for the strength of the sinewes consisteth in a mediocritie of siccitie. Furthermore it bringeth an astonishment, benumming or senselesnesse of the braine, causing as it were a resolution both of sense, motion, and of all the actions of the braine, besides fluxes of bloud at the nose, the veines being loosened, faintings or swounings by a dissipation and wasting of the spirits, and resoluing of the membranes.

The Priests and enchanters of the hot countreys, doe take the fume thereof till they be drunken, that after they haue lien for dead three or foure houres, they may tell the people what wonders, visions, or illusions they haue foreseene, and so giue them a propheticall direction, or foretelling of the successe of their businesse: but the Diuell is a liar, and the father of that faultie, his end is horrour, his meane abuse, and his intent mischiefe.

The weight of foure ounces of the iuyce of Tobacco being drunke, purgeth both vpwards and downewards, and procureth after a long and sound sleep, as I haue learned of a friend by obseruation, affirming that a strong

countrey-

countrey-man of a middle age, hauing a dropſie, tooke of it, and being wakened out of his ſleepe, called for meat and drinke, and after that became perfectly whole.

Here, ſince we haue begun to ſpeake of purging, I think it not beſides the way, and our buſineſſe in hand, if I tell you that which moſt concerneth purgatiue medicines. Firſt therefore it muſt bee certainely knowne, whether thoſe bodies that are to be purged bee firſt rightly prepared, or not. There muſt therefore regard be had, if you will haue them rightly purged, you muſt firſt giue them ſome gentle preparatiue. And for this purpoſe it is required, that the bodie abound not with crude & indigeſted humours; that the liuer, ſpleene, lungs, and other noble inward parts haue no inflammation, and the like; as when the veine is exceeding hot burning and red, and the Patient haue a ſtrong Feuer: for in theſe and the like caſes, purging medicines muſt not raſhly be giuẽ. So that there are three things neceſſarily to be obſerued in euery right purgation of the bodie: the freeneſſe and libertie of the paſſages, preparation of the matter offending, & the power and ſtrength of nature.

*Nicolaus Monardus* ſaith, that the leaues of Tabacco, being made hot, are a preſent remedie for the paine of the head, for an inueterate head-ache, and for the paine of the head called the megrim, that hath beene of long continuance, if ſo be the paine proceede of any cold, windie or wateriſh humours: and they muſt be often applied and layed to, vntill the griefe be cleane gone. Before the application of this kinde of remedie, ſome vſe to anoint the head with oile made of the flowers of oranges: & not hauing that, I think, *Oleum coſtinũ, irinum, oleũ Euphorbij, Oleum anethi*, and *Chamamelinum*, or ſome chymicall oile

of thyme, or fennell ſeede, or calamint were not amiſſe. It ought to be taken phyſically (not fooliſhly) in a pipe, for the ſame purpoſe once in a day at the moſt, and that in the morning faſting, againſt paines of the head, ſtomack, and griefes in the breaſt and lungs: againſt catarrhes and rheumes, and ſuch as are troubled with coldes, murres, the poſe, and hoarſneſſe.

The ſame hearbe and fume, is prooued to be ſingular good againſt the tooth-ache: for it doth not onely ceaſe the paines of the teeth, which proceed of any cold cauſe, the tooth being firſt cleanſed and ſcoured with ſome linnen cloth, dipped in the iuyce of this herb, and a pill made of the leafe being put into the tooth, but alſo hindreth and reſtraineth corruption and rottenneſſe of the ſame from any further increaſe. And this ſtandeth with good reaſon: for if the paine either of the head or teeth proceed of colde, and this hearbe being of a hot and drying qualitie, muſt needs make againſt it, prouoking, ſtirring, and mouing thereby the expulſiue facultie, or melting the humour contained and bred in the braine; or elſe drawing to it eſpecially from the former ventricles of the braine into that part, which by reaſon of the vſe, is called *Infundibulum* (which is nothing but a deepe cauitie in the forepart of the third ventricle of the braine, which at length goeth aboue the ſeat of *Sphenoides:*) we may not vnfitly tearme it, the braine tonnell, for from thence the humours fall into the mouth, and by that meanes are purged, and voided away.

I my ſelf know a man yet liuing in Northhāptonſhire, being verie much and a long time vexed with paine and coldneſſe, eſpecially in the hinder part of his head, who hauing tried the skill and medicines of many Phyſicians,

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and nothing at all preuailing, he was at length counſelled to take Tabacco in fume ; which hee yeelding vnto, after a while all the paine vaniſhed away. And this ſtandeth with good reaſon : for the Tabacco looſeneth the fleagme, and thoſe pituitous humours that are bred in the head and breaſt, drying and coroborating the braine verie notably. And if this man had taken Tabaco, with *vngula caballina*, *iris*, *thus*, or ſulphur in fumigation, nothing could haue been deuiſed more excellent.

For confirmation of this, *Iohn Heurnius* in the firſt booke of his method, *ad praxin*, telleth a ſtorie of himſelfe, how plentifuly it draweth ſlimie and pituitous humours from the mouth and noſtrels, by taking the fume in a narrow pipe: for (ſaith he) it ſearcheth euerie corner of the braine, and is caried into the eares: and I dare boldly auouch, that this hearbe is ſpecially and peculiarly appropried to the braine, being by a moſt eaſie paſſage caried thither, waſhing, purging, and clearing the braine from all corruption and filthineſſe: for about a yere ſince being much pained with the tooth-ache, I boyled this hearb in water, adding to it ſome chamomile floures, and holding a ſpoonful of this warm decoction in my mouth, I did preſently ſpit it forth, and ſo doing certaine times together, about two houres after, the paine ſomewhat abated. The next day following, when (as my maner was) I went to a garden I had in the ſuburbs, and there bending downe my head to pull vp ſome graſſe or weedes, there dropped, and flowed downe in great quantitie from my noſe a great deale of moiſture, as yellow as ſaffron, or a Kites foot, hauing the verie ſent of Tabacco, and forthwith all the paine of my teeth ceaſed. In all my life I cannot call to remembrance, that either bloud, or any

other ſuperfluous humour, beſides flegmaticke and wateriſh ſuperfluities, euer came out at my noſtrels; but neuer in all my life did I ſee any thing more yealow, then this moiſt humour was that iſſued from me at that time.

So this being granted, I can ſee no reaſon, but that one may ſafely vſe this as a *Suffitus*, or a holſome hot perfume, as well as we doe myrrhe, maſticke, pitch, *Styrax*, frankenſence, turpentine, *Caſtoreum*, *Ladanum*, the gum of Iuniper, cloues, and the like being caſt vpon the coles, and vſed for the griefes aboueſaid. But peraduenture ſome will obiect and ſay, that Tabacco is of an ingrate & vnpleaſant ſent, ſo that many therby are brought to fainting or ſwouning, euen by the ſmell thereof. To whom I anſwere, that it is true: and yet notwithſtanding, I thinke a Calfe with one eie may eaſily ſee, that ſome of theſe forerecited medicines haue a farre more noyſome, I may ſay loathſome ſmell, than this Gentleman Tabacco hath.

The iudgement concerning ſweet ſents in diuers men, is diuers; nothing almoſt being common one with another: ſo that *quot capita, tot ſenſus*, looke how many ſundrie different viſages and faces, ſo many diſcrepant iudgments, concerning the excellencie of this or that odour. For with one, the ſent of Cinamon is more fragrant than that of muske. With another, cloues ſeeme to ſurpaſſe them both. To another, a Roſe is held more odoriferous than any of them all. So that concerning the diuerſitie of ſweet ſmels and ſauours, you ſhall euer haue diuerſitie of iudgements: ſo that when all the cards are caſt vp, this muſt be the full deciſion, and finall determination, that thoſe things muſt be choſen, which be moſt familiar to euery mans nature, whether meats or medicines, and thoſe to be refuſed that be contrarie.

*Galen*

*Galen* the Prince of Phyſitians, in his Method of curing, doth affirme, that there be certaine medicaments, which by the proprietie of their nature & vertues, do more properly reſpect one part thā another: as for example, Agrimony, *Hepatica nobilis*, *abſinthiū*, and all kinds of Endiue or Succorie, direct their vertues more ſpecially to the liuer, then to any other part or particle of the bodie. *Glans vnguentaria*, germander, capers, *Scolopendriū*, & *Ceterach* called miltwaſte for his effects, tamariske, *Cortex ſalicis*, *dancus*, *ſcordiū*, *calamint*, *aſarabacca*, & ſom others reſpect the ſpleen peculiarly. Saxifrage, betonie, *calcifraga Anglorum*, otherwiſe called Perchepier, *polygonū ſelinoides*, the roots of Smallach, of *Dancus*, fennell, berries of Iuniper, and the ſeeds of melones, the reines, and vreters. The fit and proper medicines for the breaſt and lungs, are, the roots of fennell, of horehound, *haſtula regia*, Scabious, Reiſins of the ſunne, figges, Hyſsop, thyme, oke of Ieruſalem, licorice, barley, and fuſsilage, called of ſome blinde Phyſicians *farfara*. Mints, cynamon, wormewood and galangall, are excellent for the ſtomacke. For the Heart, ſaffron, bugloſs, borage, balme, roſes, baſill, ſaunders, pearle, the Bezoar ſtone, and gold it ſelfe: for as old *Chaucer* the Engliſh Poet ſaith of one of his Pilgrims a Phyſician, that trauailed among the reſt to Saint *Thomas* of *Canturburie*, and that verie truly;

Note. Speciall & of ſimple.

For Gold in Phyſicke is a cordiall:
Wherefore he loued Golde in ſpeciall.

Penirial, mugwort, ſauin, calamint, peony, mirrh, ſaffrō, borax, are medicines fit for ſome womens griefes. Celandine & eie-bright reſpect the eies. The ſea onyō, *Chamepithis*, *pſillium*, and hermodactils, direct their vertue chiefly

to the ioynts. *Stæchas*, *laurus*, roſemarie, the male pionie, miſſeltoe of the oke, galangall, *Caſtoreum*, betonie, margerome, ſage, and our Tabacco, doe eſpecially reſpect the braine.

Wee muſt alſo know that there bee ſome medicines which of their owne proper nature are offenſiue to ſome particular parts, either by ſome manifeſt qualitie that is in them, or by ſome hidden propertie. For the often vſe of *Thus*, *Mel Anacardinum*, and the hearbe called balme (wherewith Bees are ſo much delighted) doe offend the braine, perturbing the rationall facultie. Vineger is hurtfull to the lungs and *vterus*. Fat things offend and ſubuert the ſtomacke, cauſing a loathing or deteſtation of meats and drinkes. Sweet meats and fruits cauſe tumors and ſwellings in the liuer and ſpleene. Colewort, parſley, and hempe-ſeede hurt the eyes. Teuksburie muſtard, and all ſharpe things will haue a man verie ſoone by the noſe: the Virginians, and other people of *America*, cannot endure it, for if the eat any muſtard with fiſh or fleſh, they will make many a ſowre face at it. Quickſiluer, as it is thought, is a great enemie to the braine of man, but more properly to the eares. The often eating of leeks, will corrupt the teeth, & lytharge hurteth the tong. The fume of Harts or Goates horne being burnt, cauſeth a conuulſion to any that is troubled with the falling ſickneſſe: and the ſame is reported for a truth, if any epilepticall perſon be wrapped in a Goate or Deeres skinne, and ſome ſay that the fume of Sulphur worketh the ſame effect.

Neither is it to be pretermitted, that there be ſome medicines, which being externally applied, doe bring both ſpeedie, and certaine helpe and health, which being taken into the bodie, doe much hurt, and endanger the life. For

example

example ſake, the vſe of verdigreaſe, *æs vſtum, ſquama æris, Cadmia, Pomphulyx, litharge, ceruſe*, & the like, all theſe are vſed with good ſucceſſe to outward vlcers & ſores: which notwithſtanding muſt not be taken inwardly, for any vlcer within the bodie, but in ſtead of them, Hypoſiſtis, the flowers and ryndes of Pomgranates, balauſtians, galles, *Terra Lemnia*, Sumach, the iuyce of Roſes, *Acacia*, and the like, which are of great vertue for the curation of inward vlcers, neuer offending the ſtomacke, liuer, or any other of the inward parts.

It would be too long to ſet down all things that might here in this place be inſerted: and although my eieſight be not ſo good as *Linxius*, who from the promontorie of *Lillibey* in *Sicilia*, did diſcerne and ſee the ſhips in the port of *Carthage*; yet I am ſure, by that which I haue introduced, one may plainly ſee, that a true Phyſitian ought to haue the facultie and naturall knowledge of euery thing concerning diſeaſes, or wounds in the bodie or minde of man. For the remedying of all which, there are two things requirable; namely, the ſimple knowledge of euerie liuing and inanimate thing, whether of minerals, vegetables, ſenſible Animals or of man, and the experience how each of theſe in ſeuerall countreys, and bodies haue their certaine operations. And ſeeing without doubt, God hath planted in the worlde meanes (either of Simples or of Compounds) to remedie any ſickneſſe, or cure any wound, although the knowledge or meanes doe not alwaies ſort to ones deſire, yet is not the true meanes to be neglected. And though God haue fitted euerie climate and countrey with good meanes, to relieue the ordinarie diſeaſes, and grieuances of men: yet we ſee for want of knowledge in Phyſitians, either how to vſe the

Simples

Simples of their owne countries, or how to compound them aright, according to the dose of euery bodie naturall, they are enforced to search into other countries for ayde.

For, though we haue, as other countries, manie singular thinges to remedie the decay or disquiets of Nature; yet seeing the Simples of other countries, for some particular bodies and griefes, are more naturall then many Compoundes of our owne, and the skill is lesse to applie them, why should not Necessitie make Physitians trauell for knowledge, as the olde wife for neede. We see the artificiall Bezoar-stone to be lesse profitable for some bodies, then the naturall. The fayned *Sanguinis Draconis*, then the right which is brought from *Africa:* and our owne Tabacco in England or *Europe*, then that which naturallie groweth in *America*; for the difference of climates and soyles alter much the natures of euery thing. And so of such like adulterate resemblances, which necessitie and mens gaines haue laboured and arted. But lest I should seeme to wander too farre in the wildernesse of Nature, I will now returne to Tabacco againe.

The suffumigation of Tabacco being taken, is a good medicine for the starkenesse or stiffnesse of the neck, called *Tetanus*, and for any paines or aches in the bodie, proceeding of the cause that *Tetanus* doth.

The iuyce or distilled water, is very good against Catarrhes, the dizzinesse of the head, and rheumes that fall downe to the eyes, for stuffing in the head or nose by meanes of colde, against the paine called the meagrim, if either you apply it vnder the temples, or take one or two greene leaues, or a drie leafe moistened in wine, and dried

dried cunningly vpon the embers,and laid thereto.

Sternutatories, eſpecially thoſe which are made of Tabacco,being drawne vp into the noſtrels, cauſe ſneeſing, conſuming and ſpending away groſſe and ſlimie humors from the ventricles of the braine. Theſe kind of remedies muſt needs doe good where the brain is repleat with many vapours,for thoſe that haue a lethargy or vertiginy, in all long geiefes, paines and aches of the head,in continuall ſenſeleſſes, or benumming of the braine, and for a hicket that proceedeth of repletion.

*Rec. Piperis,*
*Zinziberis, ana* ℈i.
*Pyrethri,*
*Foliorum ſiccorum tabaci,* ℈ij.
*Trita naribus inſpirentur ante cibum.*

Another Sternutamentorie.

*Rec. Foliorum ſiccorum tabaci,* ℈iſſ.
*Zingiberis,*
*Pyrethri, ana* ℈iſſ.
*Radicum Hellebori albi, grana 6.* (*mentorium.*
*Pulueriſata commiſceantur, & fiat ſternuta-*
*Ex fiſtula naribus parùm inſletur.*

Thoſe ſternutatories which are very forcible,vehement & ſtrong,as *Euphorbiũ, Helleborus albus*,& the like to theſe, muſt not be blown vp into the head, but rather put into a boxe, the ſame being a little ſhaken, & ſo holding it to the noſe,to draw vp a little at once. But Tabacco is not ſo violent, and therefore may in my iudgement bee ſafely put

in practiſe. Beſides, ſternutaments are not ſo fitting, where the braine or head, the breaſt and lungs, doe abound with verie crude or raw humours and ſuperfluities; by reaſon that they doe mooue, trouble, and ſhake thoſe parts too much, and too vehemently, which ought rather to be moderately comforted, warmed, and ſuffred to bee let alone quietly; that thoſe crude iuyces might the ſooner come to better digeſtion, and then afterwards to be ſpent and carried away. For otherwiſe the braine and cheſt with this prepoſterous proceeding will be the more ſtuffed and ouer-charged. But when the humours there ſettled, are come to ſome concoction, then ſneeſing medicines are taken with good ſucceſſe, and doe preuaile very much.

It is therefore euer the ſafer courſe, rather to vſe Simples then cõpounded medicines, becauſe of their exceeding force and violence. To end in a word, ſneeſing, as *Cornelius Celſus* (our Latine Hippocrates ſaith) in diſeaſes of the lungs is verie dangerous.

Thus then you plainely ſee, that all medicines, and eſpecially Tobacco, being rightly and rationally vſed, is a noble medicine; & contrariwiſe not in his due time with other circumſtances conſidered, it doth no more than a Noblemans ſhooe doth in healing the gout in the foot, or a precious Ring a crampe in the finger, nor a Diademe the paine in the head, or as *Lucretius* the Poet ſaith;

*Nec calida citius decedunt corpore febres,*
*Textilibus ſi in picturis oſtróq; rubenti*
*lacteris, quàm ſi plebeia in veſte cubandum eſt.*

Feuers no ſooner from thy bodie flie,
If thou on arras or red ſcarlet lie

Toſsin

Tosing, then if thou rest
On couerlets home drest.

Tabacco cleareth the eie-sight, and taketh away the webbes and spots thereof, being anointed with the iuyce bloud-warme.

The oyle or iuyce dropped into the eares, and the fume likewise receiued into the eares, is good against deafnesse: a cloth dipped in the same, and laide vpon the face, taketh away the lentils, redneſſe and spots thereof.

## An Errhine or Nasale for stuffing in the nose, and for defect of smelling.

*Rec. Piperis.*
*Pyrethri,*
*Tabaci ana* ʒi.
*Olei naturalis balsami q. sufficit adincorporandū.*
*Cum melle q.s. fiat Nasale.*

## Another Errhine.

*Rec. succi Tabaci,* ʒi.
*Olei amygdalarum amararum* ʒi.
*Masticis subtiliter pulverisatæ* ʒi. *misce.*
*Trahatur naso dum ore reddatur.*

This that followeth is good for an old pain in the head, and sharpeneth the eye-sight.

*Rec. Succi tabaci vel sanæ sanctæ Indorum,*
*Ciclæ, betonicæ, ana* ʒi.
*Bulliant cum vini albi* ʒij.
*Oxym. scillitic.* ʒs. *Fiat errhinum.*

Another.

*Rec. Sinapi. gr. 5.*
*Pul: fol. ſicc. tabaci.*
*Piperis albi, ana ℈ſs.*
*Ladani,*
*Ceræ, ana ʒiſs. miſce. Fiat Naſale, pyramidis vel tent. forma.*

When wee are to vſe ſtrong Errhines or Naſales, the mouth muſt be full of water. If after the taking of theſe kindes of medicines, the noſtrels do ſmart or ſuffer much paine, then may it bee taken away or diminiſhed, either with womans milke, oyle of violets, or *vnguentum Roſatum.* They that haue ſore eyes, muſt not deale with them, nor yet they that either haue, or are ſubiect to vlcerations in the noſe, or ſuch perſons who ſuffer much head-ache cauſed by the French pockes: for if they bee too buſie with them, their noſes perhaps may in the meane ſpace be in danger of falling downe flat. Neither muſt theſe Errhines, or Naſales be compounded of any venomous matter: for ſo there may growe vlcers, and filthie ſores in that part. Laſtly, when you take them, there muſt care be had that the noſe bee not filled too full; leaſt that reſpiration, and drawing in of the breath, bee thereby letted or hindred: nor yet to bee vſed (eſpecially in deafneſſe or dulneſſe of hearing) but when the bodie aforehand ſufficiently is prepared and purged, as *Alexander Trallianus* the learned Phyſician ſaith.

The leaues of this hearb being decocted in water, are good againſt the paines of the breaſt, an olde cough,

*aſthma*

*asthma* (the nature of which disease is to stoppe the passage of the winde and make vs breath vneasily) and the griefes which arise of colde and waterish humors.

In like manner an *eclegma*, *linctus*, or lohoch, made of the decoction of the hearbe is excellent good against the same griefes. Sometimes the fume cureth those that be asthmatike, but then it is necessarie that the bodie first be cleansed, if occasion so require.

A sirupe made of the decoction of this hearbe with sufficient sugar, and so taken in very small quantitie, dischargeth the breast from rotten and phlegmaticke matter.

But heere in these cases we must prouide carefully aforehand, and well see to it, and beware that we vse not these Suffumigations and smoaking perfumes of Tabacco, where there is any spitting of bloud; for the small veines thorough the acrimonie of suffimentes are opened: neither yet are they to be vsed in drie diseases of the breast: and when they are to be most vsed, the whole body ought first to be purged.

Now for my owne conceite, I haue proued that Tabacco being taken with styrax, calamita, and the powder of tussilago or coltes foote, helpeth these fore-remembred griefes. And to this, besides mine owne experience, you shall haue the testimonie and attestation of *Mathias De Lobel* and of *Peter Penor*, two learned men, in their Herball entituled, *Stirpium aduersaria noua*, expressly affirming that there is not a more effectuall or speedie remedie against the consumption of the lungs, and such as be asthmaticall, and such griefes also as proceede from plentie of tough and viscous humours. And And thus would I prescribe it:

*Rec. Foliorum ſanæ ſanctæ Indorum.*
*Styracis.*
*Sandarachæ.*
*Terebinthinæ.*
*Maſtiches. ana partes æquales.*

This medicine being rightly vſed, will deſerue due commendation, in regard it helpeth thoſe which are ſhort winded, or haue any ſlimie and flegmaticke humours growne to matter or ſuppuration. It alſo doth much good to pleuriticall perſons, and likewiſe for the cough. For a verie moiſt breaſt, the leaues of Tabacco applied, are prooued to bee ſingular, without any other thing added to them. For thoſe medicinall meanes that doe adſtringe, or be of a verie drying qualitie, are not raſhly to be layed vpon the breaſt.

I knew my ſelfe a verie learned Gentleman dwelling at *Buckworth* in Huntingtonſhire, who had long languiſhed of an *Orthopnœa*; ſo that by reaſon of too many ſlimy and wateriſh humours which diſtilled downe from the braine into the cheſt, his lungs were ſo choaked, that hee could not breath, but by holding his necke vpright, inſomuch that many times, eſpecially in the night ſeaſon, he was in danger to be ſuffocated: by meanes of which, and his extreame cough, together with an extenuation of the whole bodie, he was adiudged *Tabidus* of moſt Phyſicians that viſited him, yea and to be almoſt paſt all hope of recouerie, and one of the Phyſicians being firſt asked his opinion, concerning the ſicke Patient, caſt out theſe words:

*Virtus laſſa cadit, ſoluuntur frigore membra,*
*Vitáque tartareas fugit indignata per vmbras.*
Faint fals his courage, and his limbs
doe faile for want of heat.
His life diſdaining, packes to hell,
where *Pluto* hath his ſeat.

And becauſe I being his familiar friend, and one that was beſt acquainted with his whole courſe, and order of Phyſicke & diet, which was both rationally preſcribed, and diligently taken and obſerued, yet nothing taking effect that was adminiſtred, when al men thought he would haue died, he was at length counſelled to take Tabacco in fume: which he daily did, and onely by this way by little and little, he recouered his former health and ſtrength of bodie. His friend before ſpoken being a Doctor of Phyſick, and he who had caſt forth the two former verſes, ſeeing the ſodaine mutation, and wondring at the good ſucceſſe, he thus againe pleaſantly and conceitedly anſwered.

*Mors aderat, cymbámq; Charon remóſq; parabat:*
*Aſſeruit medicina ſenem iam ætate trementem,*
*Reſtituítq; nouas effœto in corpore vires.*
In Engliſh thus:
Now death appeares, and *Charon* ready ſtands
To giue him paſſage with his boat and oares:
But Phyſicke frees the old man from his hands,
And him afreſh to life and ſtrength reſtoares.

They that haue ſeene the proofe hereof haue credibly reported that when the Moores and Indians haue fainted either

either for want of food or reſt, this hath been a preſent remedie vnto them, to ſupply the one, and help the other.

The vſe of maſticatories or apophlegmatiſms, are much commended, and fitly practiſed againſt the affects and paſsions of the head, teeth, and wind-pipe: and ſpecially they correct inueterate hurts and maladies, and ſuch as be of long continuance, ſuch as be dulneſſe or dimneſſe of the eye-ſight, deafneſſe, puſtules of the face & head, & when the noſtrels haue any vlceration in them, to auert and take away their fluxe of humours. And to effect this, theſe that follow are much commended, *videlicet*, Hyſſope, the rootes of *Iris*, *acorus*, gentian, ginger, and galingall, but chiefly Tabacco: I will ſet downe ſome form of theſe maſticatories, that you may take your choyſe where you pleaſe.

*Rec. Zingiberis,*
*Caryophillorum ana* ʒj.
*Sanæ ſanctæ Indorum,*
*Piperis ana* ʒſs.
*Staphiſagriæ* ʒij.
*Maſtiches,* ʒj.
*Fiant paſtilli addita cera, vel* ʒij. *cortic. cappar. addduntur.*

## Another Apophlegmatiſme.

*Rec. Sanæ ſanctæ Indorum,*
*Maſtiches, ana* ʒj.
*Ex cera in paſtillos avellanæ magnitudinis formentur.*

An

An Apophlegmatiſme is alſo made of moiſt things, whē as the decoction of ſharpe things is held in the mouth, as thus:

*Rec. Sanæ ſanctæ Indorum,*
*Thymi,*
*Origani, ana p. j.*
*Vuarum paſſarum,*
*Staphiſagriæ, ana ʒij.*
*Cubebarum, ʒiij.*
*Sinapi, ʒj.*
*Coquantur ex aqua.*

Gargariſmes alſo are much vſed for all paſsions of the mouth, and the Almonds, for inflammations, and to deterge and cleanſe ſlimy and flegmaticke humours, and for vlcers: and for theſe cauſes, Tabacco muſt of neceſsitie bee commended, and put in the firſt ranke.

A Gargariſme to cleanſe tough and viſcous fleagme.

*Rec. Fol. tabaci, m. j.*
*Flo. ſtechados.*
*Flo. roriſmarini, ana p. j.*
*Glycyrrhizæ raſæ, ʒj.*
*Paſsularum,*
*Ficuum, ana paria decem.*
*Coquantur in aqua hordei integri.*
*In colat. liſs. diſſolue mellis ros. col. ʒiiij.*
*Miſce.*

## Another Gargariſme for putride, rotten, and filthie vicers of the mouth.

*Rec. Foliorum tabaci, liguſtri,*
*Roſarum rubrarum,*
*Rubi bati,*
*Rubi ſaxatilis,*
*Fragariæ ſterilis, ana q.v.*
*Coquantur omnia in vaſe fictili nouo ex aqua,*
*& fiat gargariſma.*

## Another Gargariſme for the Almonds of the throat that are inflamed.

*Rec. Foliorum rubi Idæi,*
*Foliorum tabaci,*
*Trifolij acetoſi, ana q. ſ.*
*Coquantur in aq. q. ſ. ad tertias.*
*Iuri colato adde ſyr. aceto. Simplicis, ℥ſs.*
*Syrupi myrtillorum, ℥ij ſs. Miſce.*

Theſe gargariſmes are of notable force and vertue to intercept, and ſtay the fluxion of humours into any part, to hinder inflammations, to ceaſe paine, to cleanſe, deterge, and bring to curation all vlcers, and ſoares in the mouth or iawes.

## A gentle Gargariſme for theſe intentions.

*Rec. Sanæ ſanctæ Indorum,*
*Serpilli, ana m. ſs.*

*Caricarum*

*Caricarum pinguium*, ℥ij.
*Aquæ q. ſufficit. Fiat coctio.*

*Rec. Huius decocti, l. ſs.*
*Oxymelitis ſimplicis*, ℥ij.
*Miſce.*

If you will haue it a little ſtronger, then mixe ſome ſpices with it, muſtard-ſeede, and the like: or in ſtead of water, take the iuyce of ſage, calamint, hyſſope, or coſtmarie, with *Oxymel ſcilliticum*.

But here leſt I ſhould ſeem to be too prodigal in the praiſes of Tabacco, I muſt (by the way) aduiſe you to be very warie & circumſpect in the vſing of it in maſticatories, and ſuch medicines as be *Saliuã ducentia*: and firſt that if you mix any other ingredient with it, you muſt be verie carefull that they bee all of a pleaſing odour and ſmell, that they may be held in the mouth the longer time without any loathing, deteſtation, or irkſomneſſe. And ſecondarily, wee muſt be verie preciſe in altogether abſtaining from Tabacco, in caſe there bee any vlcers of the mouth or throat, likewiſe in inflammations of the lungs, and in hot ſharpe rheumes and catarrhes, that deſtill or drop downe right into the lungs: ſo that Tabacco muſt not bee preſcribed to any that is ſubiect, aptly diſpoſed, or in danger to fall into any theſe fore-rehearſed griefes and paſsions, neither yet is it rightly vſed in vlcers of the lungs, leaſt the humor through an euill cuſtome might fall down thither; but in this caſe, errhines for diuerſion ſake are fitter, which are a forme of medicines, ordained to purge the braine at the noſe. And this I take to bee the chiefeſt, and moſt ſafe courſe to be obſerued in the adminiſtration of this

famous Tabacco, for these griefes aboue repeated.

If after the vsing of these Masticatories, or any Apophlegmatismes, any thing cleaueth to the roofe of the mouth or palate, it is to bee washed or rinsed with some warme water, or rather in some decoction of licorice and barley.

There is also another thing especially to bee obserued, concerning masticatories and errhines, that they all ought to be of a hot and sharpe qualitie and nature, and besides that, of a pleasant taste and sent, because therby the spirits animall, may the better bee refreshed and comforted, and likewise that the expulsiue facultie may the more readily and liuely be stirred vp, and prouoked with such things as be of a sharpe and piercing operation and vertue, to fetch away that tough slime, or other thicke humours and grosse superfluities contained in the head. Neither ought they to haue any malignitie, or euill qualitie in thē; such as be *coloquintida*, *scammonie*, & *turpethū*: for the membrane of the mouth is all one, & of the very selfe-same substance with the tunicle of the stomack; the mouth therfore and the *Oesophagus* being hurt, and offended, they doe easily communicate their dammages to the stomack. And hence it proceedeth, that such persons wil complain oftentimes that their meats which they haue receiued, do seem vnto them to bee both bitter, and of a stinking and vnsauourie taste.

*Galen* saith that we must altogether refraine from these errhines and masticatories, vnlesse necessitie vrge thereto. And doe you not thinke there is an extreame necessitie, when through an intollerable and vehement paine of the head, there is danger feared of an apoplexie, epilepsie, blindnesse, or the like? Will not a greater danger and hurt

redound

redound to the whole body by means of any of these, thē there will by offending the mouth with any distastful sent or ingrate odor? Wherfore I conclude, that euen of necessity, wee must sometimes bring them into vse.

We must abstain from such things as be very ingrate & vnpleasant, as staphisacre, iuyce of Tithimals, of the wilde cucumber, & Tabacco, being to many the worst of thē al. So then when al the reckoning is cast vp, as *Galen* in the seuenth of his Method affirmeth, the properties, qualities, & natures of euery particular mans cōstitution & temperature, ought throughly to be considered & sifted. You shal find some men, that if they go about to dispatch any busines in the night, to which they haue not bin accustomed, they cannot by any means fal to any rest or sleep. Some again there be, that if they tast of any thing that carieth but the bare name of a medicine, forthwith they will so abhor & loath it, as they cannot chuse, but must needes disgorge themselues, reiecting al that is in the stomack: which thing (saith he in the first book of Aliments) is partly to be referred to custom: & partly to be attributed to the proper & peculiar nature of euery mans tēperament. And he introduceth an exāple of *Arias* the Peripatetike, who being by nature of a thin & slēder body, & hauing the mouth of his stomack very cold, so that vpō euery litle occasion of cooling it, he would straightwaies be taken with an hicket, & by means thereof, durst neuer be so hardy as to drinke or taste cold water, at length being taken with a feuer, & constrained of som physicians cōtrary to his custom to drink cold water, hee presently died. And yet with others again, we see it falleth not out so; for vnles you boldly giue them to drink some colde liquor fit for them, you shall very speedily bring their life into great danger: For

*Hic ſatus ad pacem: hic caſtrenſibus vtilis armis.*
*Naturæ ſequitur ſemina quiſque ſuæ.*

For as I haue touched a little before, there are ſome men found, who can by no meanes brooke, or away with ſugar, honie, oyle, or vineger, and the like, wherewith notwithſtanding a great many doe feed full ſauourly, and are thereby well nouriſhed and refreſhed. The ſelfe-ſame thing is to bee obſerued in taking this or that medicament.

I know ſome of ſuch diuers and different natures, that they are more offended with *Caſsia fiſtularis*, than with Rubarb or Agarick. Others again there be that can more eaſily away with *Diagredium*, being corrected, then with Rhubarbe; at whoſe ſmell, yea, and many times, at the very naming of it, they are ſo diſquieted and moued, as they are readie to caſt vp all in their ſtomacks. In ſome perſons a Gliſter worketh very ſtrangely, cauſing ſuch a garboile, rumbling and rowling, that it many times (aſcending vpwards) commeth out the wrong way, I meane at the mouth: and yet you ſhall haue the ſame perſons nothing ſqueamiſh at the taking of any Purge, though neuer ſo bitter or loathſome in taſte. Otherſome cannot endure a Suppoſitorie, which will eaſily admit a Gliſter. We ſhall ſee ſome in other matters, and enterpriſes, to contend euen with the moſt valiant, that dare venture life and limbe, that cannot yet endure the letting of bloud; and euen before the inſtrument touch them, their hearts will turne into liuers, and ſo fall downe in a ſwoune: whereas weaklings, milke-ſops, and ſpider-catchers, corner-creepers, and cowards in other matters, and meacockly women

men wil ſuffer and endure a verie large quantity of bloud to bee taken from them, without any ſhrinking, the leaſt paine, trouble or diſquiet that may be.

By all which it is plaine and manifeſt, that the nature of euerie ſick Patient is to be wel conſidered, and the proper curation to be fitted to him; and againe, becauſe the proprietie of each mans nature and complexion is ineffable, and cannot aptly in words bee vttered, nor in any exact ſcience bee comprehended or deſcribed, I pronounce and adiudge him to be the beſt Phyſician of euery griefe, and ſickneſſe, which hath already acquired, and attained vnto ſuch a certain way or method, by which he can both readily know and diſcern the temperaments, and natures of men one from another, and by a good and rationall coniecture, preſcribe fit and conuenient remedies. For, to thinke that there is but one common and beaten hie way to cure all perſons alike, as blocke-headed and dunſticall Empiricks, and quackſaluers imagine, is meere madneſſe. For why? a common and generall man is not cured, but each one particularly: one hauing one diſtinct temperature, and another man being endued with another particular nature, and different conſtitution. So then to draw to an end of this diſcourſe, becauſe I haue been caried beyond my compaſſe futher than I thought, our chiefe ſtudie and care muſt be, to know certainely of what temper euery mans bodie is. For medicines doe either retaine, loſe, or alter their vertue and qualities, according to the diuers natures of each ſeuerall conſtitution, to whom they are giuen. And this, beſides our owne practiſe, may be further confirmed by *Hippocrates*, *l.* 3. *de Morb. Ac.* where he flatly telleth vs, that *melicratum* in ſome perſons is diuretike, with others diaphoretike, and

with

with ſome againe it cauſeth purging. And ſo may wee ſay of our Tabacco, that with ſome it is accounted and eſteemed to be of an excellent ſent; but others againe cannot endure it. And thus I will ſtop my courſe a while in my full careere.

The leaues of Trinidada Tabacco, being warmed vnder the embers, neuer ſhaking off the aſhes, and applyed and laide often warme to the ſtomacke, doe much helpe the great ſhiuering, or exceeding ſhuddering coldneſſe thereof, and windineſſe in the ſame.

Some for the coldneſſe and winde in the ſtomacke, vſe to take the greene leaues, and bruiſe them in their hands (prouided that firſt they bee a little anointed, or dipped in oyle) and then make application to the ſtomacke.

The leaues of Tabacco being bruiſed, and put to ſteep in vineger, and applyed as an vnguent vpon the ſtomacke, are found by experience to bee very good againſt the obſtructions of the ſtomacke and ſpleen: on which parts againe the leaues warmed, or a linnen cloth dipped in the warme iuyce thereof, muſt bee laide on: but in defect of the leaues, the powder of Tabacco being made, and wrought vp with ſome common vnguent that is aperient or opening the obſtructions of theſe parts is much commended, if ſo be that the obſtructed and ſwelled parts be therewith a good while anointed.

The women of *America*, commend this hearbe in all crudities, rawneſſe, and ill digeſtion of the ſtomacke, eſpecially in children, and ſuch alſo as be of riper yeares: and they vſe firſt to anoint the lower parts of the belly with cõmon oile, & then the leaues being roſted vnder the embers, to be applied to the ſame forepart of the ſtomack, and alſo to the back directly againſt the ſame. Theſe leaues

thus

thus roſted and applyed, doe much ſoften, and gently purge the belly, prouided alwaies that you doe renew, and refreſh them, ſo often as neede is.

An Vnguent for a colde ſtomacke.

*Rec. Oleorum, Macis,*
*Menthæ,*
*Abſinthij, ana* ʒij.
*Galangæ,*
*Garyophyllorum, ana* ℈j.
*Corticum citri,*
*Calami aromatici, ana* ℈j.
*Sanæ ſanctæ Indorum,* ʒſs.
*Cereæ nouæ quod ſufficit.*
*Fiat vnguentum.*

You may to this vnguent adde a little muske if you pleaſe. But if windineſſe and colde haue much preuailed and proclaimed open warre to the ſtomacke: then for ſurenes ſake, after the application of the former vnguent, it will not be amiſſe to lay on it this or the like *Scutum.*

*Rec. Sanæ ſanctæ Indorum,*
*Abſinthij,*
*Maioranæ ſiccæ, ana* ʒjſs.
*Caryophyllorum,*
*Ligni aloes, ana* ʒj.
*Seminum fœniculi,*
*Baccarum lauri, ana* ℈ijſs. with a little cotton ſtitched, quilted, or interbaſted between two fine linnen clothes or ſilkes, with laces or ſtrings tied or ſowed to it,

(as will be fitteſt) let it bee applyed to the region of the ſtomacke:

Or this *Sacculus* to be thus prepared for the coldneſſe, and windineſſe in the ſtomacke and ſpleene.

*Rec. Foliorum ſanæ ſanctæ Indorum,*
*Florum chamomillæ, ana m.* j.
*Foliorum pulegij regalis,*
*Centaurij minoris,*
*Abſinthij, ana* ℥iiij.
*Seminum Rutæ,*
*Sem. Erucæ,*
*Naſturtij hortenſis,*
*Barbareæ, ana* ʒjſs.

Beat them all into groſſe powder, and of theſe make a *Sacculus*, as before applying it to the place affected.

Another *Sacculus* which is good to reſolue and mollifie, fit to be vſed in a drie and ſchyrrous ſpleene.

*Rec. Salis communis,*
*Seminis cumini parùm torrefacti, ana m.* ſs.
*Florum meliloti, m.* j.
*Fol. ſanæ ſanctæ Indorum, m.* j. ſs.
*Radicum ebuli,* ʒj.
*Seminis thyſſelij,* ʒ.v. *Miſce. Siccẽtur in tegula, & tenui include linteo, fiat Sacculus ad formã ſplenis, qui, vſus tempore, acerrimo aceto, in quo candentis molaris lapidis fruſtum extinctum ſit, rigetur.* Of theſe make two bagges, to be applied to the ſpleene, one after another.

In making of any *Sacculus* to bee applyed to the ſtomacke,

macke, the powders muſt not exceede one ounce and a halfe; for oftentimes ʒvj. are ſufficient.

This plant then, as you heare, by the teſtimonie of M *Iohn Gerard*, *Carolus Cluſius*, and other learned men, cureth winde, coldneſſe, and ſtopping of the ſtomacke and ſpleene; in regard that as all men by ſound experience finde, it conſumeth moiſt and wateriſh humours in all parts of the body, taking away, and cleanſing the ſuperfluous ſlimineſſe, and ſuch other like tough and congealed matter, which cauſed loathing of meat, and other oppilations: ſo that this hearbe rightly vſed, muſt needes diſperſe winde, in regard of his hot qualitie, ſtirring vp an appetite, and deſire to meat, by reaſon of that milde and gentle adſtriction, and cleanſing vertue it hath. So that he which is well acquainted with the noble qualities, and hath made true grounded experience, concerning the right vſe of this plant, needs not be ſo ſollicitous to run, and gad in all haſte to the good towne, when his belly aketh or is griped, for a pinte of maluefie, a penie pot of ſherie-ſacke, hippocras, *aqua vitæ*, *roſa-ſolis*, or Doctor *Stephens* water, to heat their mawes, when they are a little troubled with gripings in the bellie by meanes of winde: Or yet to haue readie in their cloſets and ſtudies, nutmegs, or ginger condite, *diatrion pipereon*, ſugarcakes and jumbles, *manus Chriſti*, *aromaticum roſatum*, and the like, much leſſe to buy plaiſters, or vnguents. And yet we muſt, as I haue præmoniſhed, not bee too knackhardy in the vſe of it: but withall this *prouiſo* muſt be caried in minde, that in the imbecillitie & weaknes of the ſtomacke, we doe euer commixe withall ſuch things as doe ſtrengthen the liuer, either becauſe from thence the naturall ſpirits be diffuſed, ſcattered, or let run into the whole

bodie, or at leaſtwiſe becauſe it is the ſhop of bloud. And when by meanes of a verie hot liuer, a colde fluxe of humours annoyeth, wee muſt by all meanes poſsible refrigerate the liuer as the cauſe, and then the ſtomacke will ſo much the more eaſily returne into his owne temper and nature. So that in this caſe, Tabacco is not ſo excellent as many ſuppoſe. Laſtly, in the application of hot remedies to the ſtomacke, moderate adſtringents muſt be commixed.

Tabacco is giuen with good ſucceſſe to ſuch as are accuſtomed to ſwoune, and are troubled with the colicke and windineſſe, againſt the dropſie, the wormes in children, the piles, & the *ſciatica* or gowt in the hanch, or hip.

Some will thinke it ſtrange, that it will cure panting and beating at the heart, and *Syncope ſtomachica*, as I haue found by practiſe, that it hath remedied theſe griefes: and yet others I haue knowne, that found ſo little eaſe thereby, that euen by comming into the place, where the fume is receiued, they will bee ready to faint, and fall into a ſwoune, or vtter failing of ſtrength. Well then, for reſolution hereof, we muſt moreouer conſider, and adde to my former diſcourſe, that by the particular nature of each ſingular indiuiduall vnder the *ſpecies* of man, is manifeſtly to bee diſcerned the incertainty of the accidents; yea, and in ſome ſort of the humane ſenſes alſo: for who would not wonder, that *Demophon* one of the Squires that was Caruer to *Alexander* the Great, how that contrarie to the nature of all other men, hee would grow hot and warm in the ſhadow, and would ſhake & quiuer for cold in the ſun? And *Andron* the Argiue would trauel thorowout the moſt dry, & barren ſandy places of the deſarts of *Lybia* and *Afrike*, without enduring of any thirſtineſſe.

Others

Others there haue beene, who onely by ſeeing, yea, and by ſmelling of Coleworts, onions or garlicke, haue fallen into a ſwoune, and ſome againe by the onely fume and ſmell of Tabacco. And *Matthiolus* that learned Phyſician in his Commentaries vpon *Dioſcorides*, doth aſſure vs, that he himſelfe knew a man in whom this was natural. And albeit it be moſt certaine, that the hemlock be a moſt ſtrong poiſon, and that the noble *Socrates* was poyſoned therewith in the citie of *Athens*; yet doth *Galen* aſſure vs (in the third booke *De Simpl. med. fac.*) that there was an old woman in that ſame towne which did feed, & liue vpon the ſame hearbe. And I my ſelfe know many country-people that wil not ſtick to giue the poſſet-drink thereof without any curious reſpect of quantitie to any their friends that are vexed with hot or burning feuers. What flower is more pleaſant and odoriferous, than the Roſe? and yet *Auratus Luſitanus* telleth vs, how he knew a man, who by the onely ſight of a Roſe, would fall into a ſwoune: and of this nature alſo, as I am credibly informed by men of no ſmall reputation and grauitie, was the late Lady *Henneage*: yea, her skinne (as ſome ſay) would bliſter, if any part of her body had been lightly touched with a Roſe, either damaske, red, or white.

Some there be that doe not loue fleſh, others cannot away with fiſh, and another whom I was well acquainted with, dwelling at *Aſhdon* in Eſſex, could neuer abide the taſte either of fiſh or fleſh. Some doe abhorre cheeſe; and there bee ſome men, to whome fruit is ſo hatefull, that if they doe but ſee any to eat thereof, they will bee enforced to fall a vomiting. Some againe haue an excellent quicke and ſharpe ſight in the night, and in the darke, as had *Tiberius Cæſar*, and *Ieronimus Cardanus*,

and they can ſee but very little and badly in the day. Others bee that will ſwallow glaſſe, mettall, wooll, bricks, and other ſuch like things, and (which is almoſt incredible) by the heat of their ſtomacke, will bee able to digeſt them.

There be three things generally which do make meats, and nouriſhments, which of their owne nature are hurtfull; to be more pleaſant, and leſſe offenſiue: that is to ſay, vſe and cuſtome, the pleaſure and delight that one is poſſeſſed with, and a ſtrong and firme ſtomacke: for good and holeſome meats, if the ſtomacke cannot away with them, doe ſubuert, and cauſe a loathing, and abhorring in it: and againe, if the ſtomacke bee verie weake, it eaſily refuſeth and reiecteth meats of quicke and eaſie digeſtion. In like maner concerning odours and ſmels, with all men, nor yet with the moſt, the ſauour of Tabacco cannot be vnpleaſant, nor produce ſuch ſtrange and fearefull effects.

A Cerote againſt wormes.

*Rec. Myrrhæ,*
*Aloes, ana* 3j.
*Pul. fol. ſanæ ſanctæ Indorum,*
*Sem. abrotani, ana* 3ſs.
*Ceræ, reſinæ, an q. ſ.*
*Fiat ceratum.*

A liniment againſt the wormes in children.

*Rec. Succi foliorum ſanæ ſanctæ Indorum,* 3iij.
*Pulueris ſcordij,*

*Aloes,*

*Aloes, ana* ℥ij.
*Olei communis,* ℥j.
*Ceræ parum.*
*Miſce & fiat linimentum.*

Now follow ſuch other medicines as are made of Tabacco, & firſt concerning the *Sciatica*. For it is found by experience of the learned, that it mitigateth the pain of the gout, if the leaues be roſted in the hot embers, and applyed to the agrieued part. For paines likewiſe of the ioynts the tender leaues of Tabbacco, or *Nicotiana*, being bruiſed and applied to the place, vntill it beginne to looke red, are ſingular. In like ſort a Cataplaſme performeth the ſame effect, and is more effectuall then the former, being thus made.

*Rec. Radicum Althææ,*
*Rad. liliorum,*
*Iridis, ana* ℥j.
*Foliorum ſanæ ſanctæ Indorum, m* j.
*Florum chamæmeli,*
*Meliloti,*
*Summitatum anethi, ana p.* j.
*Seminum lini,*
*Fœnugræci, ana* ℥ſs.
*Cymini,*
*Baccarum lauri, ana* ℥iij.
*Croci,* ℥ſs.
*Axungiæ anſerinæ.*
*Medullæ vituli,*
*Butyri,*
*Olei liliorum quantũ ſufficit. Fiat Cataplaſma.*

This

This Cataplaſme is emollient, and ſoftneth tumours, it digeſteth and aſſwageth paine, and reſolueth and diſcuſſeth winde. Theſe Cataplaſmes are ſeldome adminiſtred but where the body is firſt purged.

## A Fomentation that addeth ſtrength to the weakned parts.

*Rec. Foliorum ſanæ ſanctæ Indorum, m.* j.
*Foliorum roſmarini,*
*Stæchados,*
*Chamæpiteos,*
*Hyſſopi,*
*Naſturtij, ana m. ſs.*
*Coquantur ex vino auſtero, & cum ſpongijs fiat Fotus.*

## For paine in the ioynts or hippe-bone, an excellent Cataplaſme.

*Rec. Lactis, l.* j.
*Micas duas panis albi.*
*Coquantur, et adde*
*Pulueris tabaci, m. ſs.*
*Croci,* ℈j.
*Vitellos duos ouorum,*
*Olei roſarum,*
*Olei Chamæmeli, ana* ℥vj.
*Fiat Cataplaſma : et bis die appplicetur calidè.*

A Suffumigation to be taken when the ioynts are much looſened, or relaxed with too much moiſture.

*Rec. Foliorum ſanæ ſanctæ Indorum, m.*ij.
*Foliorum lauri,*
*Fol. Saluiæ, ana m.*j.*ſs.*
*Hyſſopi, Betonicæ.*
*Verbaſci, ana m.* j.
*Coquantur ex vino: lapides igniti hoc conſpergantur.*
*Manè & veſperi admittat hunc vaporem loco calido.*

After hee hath receiued the fume or vapour of theſe hearbes a good while, ſo ſoone as the Patient is ready to come forth, let him ſtraight waies goe to his warme bed, and take one dram of excellent treacle in hot poſſet-ale: ſo being couered very warme with clothes, let him ſweat one houre, two or three after it, as his ſtrength will endure.

Experience by ſome perſons a fewe yeares ſince hath brought to light, that Tabacco reſiſteth and breaketh the force of poyſons, and eſpecially that moſt dangerous venome, wherewith the Cannibals doe anoint their darts, and arrowes: for before the vertue of this was knowne, they were wont to caſt the powder of *Sublimatum* on their wounds. Now the Spaniards knew well, that it would ouer-maſter and infringe the power of poyſon, and that by theſe meanes: It fortuned that certaine Cannibals ſayled in their canowes to S. *Iohn de Porto Rico*, of purpoſe to kill thoſe Indians and Spaniards they found

there, with their inuenomed shafts. So arriuing at the place appointed, they forthwith slew the Indians, and some Spaniards, wounding many other: and wanting sublimate to cure their wounds, a certain Indian taught them to wring and presse out the iuyce of this Tabacco, and to apply it to their wounds, and after they had done this, to take the leaues being braised, & so tō lay vpō the wounded place: which being done, straightwaies the paines abated, and all those symptomes, accidents, passions or effects which doe vsually accompany such inuenomed wounds, the poyson and venome thereof (I say) was by this ouercome and vtterly vanquished, and the wounds perfectly cured.

So from that time forwards, men began to put in practise the leaues of this plant against strong & deadly poysons. And the Catholicke King himselfe (I speak as a Romist) hauing a desire to trie the vertues of this hearbe, caused a dog to be wounded in the throat, & with the poison that hunters vse, the place to be rubbed and anointed, and within a while after, good store of the iuyce of Tabacco to be dropped into the sore, & the leaues also being beatē or bruised to be layed ouer, and bound close to the wounded place, and by this meanes the poore dogge escaped the danger, not without the amazement, and wondrous admiration of all that saw or knew it. In like maner, it being applied to venomous and pestilent carbuncles, botches, or sores, it bringeth a hard crust vpon the place, and so absolutely cureth them. And against the bitings or stingings of poysonous beasts, or any venomous liuing creature they are a present remedie.

They affirme and holde for certaine moreouer, that a man in France (hauing a sore vlcer or apostume, caused by

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the cuill of Naples or Spaine, (chuſe which you will, all is but one, for the beſt of them is but *Hydra malorum*, as *Auger Ferner* ſaith) that wee in plaine good Engliſh call, the great Pockes, or, the French ſomething, by the applicati- of the leaues of this plant, was immediatly cured thereof. This is *Morbus contagioſus*, though not *Peſtilentialis*: & I muſt confes, that I am ſomwhat backward in belieuing of this, and therfore I will leaue euery man to his owne liberty of beleeuing or refuſing this. But for the former example, I dare boldly ſay: for beſides a Kings teſtimonie, you ſhall haue the atteſtation of ſundry good merchants of this Citie of London to confirme as much. And I can ſee no reaſon why, but that the decoction of our owne countrey Tabacco ſhould as well, and to as good ſucceſſe be vſed in the plague, & other poiſonous ſickneſſes, as tormentill, burnet, the wilde *Angelica*, and that of the garden, *dictamnus*, marigolds, butter burre, *Carduus benedictus*, S. *Iohns* wort, *Morſus diaboli*, Scabioſe, gentian, eye-bright, water germander, *vinca peruinca*, Iuniper, and bay-beries, with a hundred the like. And a medicine in the plague thus prepared, I ſhould iudge to be verie effectuall.

*Rec. Puluer is radicis Angelicæ Hortenſis vel ſylueſtris*, ʒj.
*Theriacæ optimæ*, ʒj ℈ſs.
*Aquæ ſtillatitiæ, ſanæ ſanctæ Indorum*, ʒiiij.
*Aceti optimi*, ʒſs. *Miſce.*

This is to be taken warme at one time, and preſently to go to bed and to mooue ſweat: let the ſweat be continued gently and eaſily foure or fiue houres, or more if ſtrength will endure, and keep warme after for two daies.

If a ſore doe appeare, then make a pultes with wheaten bread, two handfuls, ſweet butter ʒij. of the leaues of Tabacco, and the hearbe called Diuels bit, of either halfe a

handfull, with ſufficient water make a pultes. After it is made, put to the pultes vj. onions roaſted vnder the embers, and mingle them. Lay of this hot to the place, and ſhift it twiſe or thriſe in a day.

## An Vnguent for a peſtilent Carbuncle.

*Rec. Foliorum ſanæ ſanctæ Indorum, m.* j.
*Contundantur addendo vitel. Oui vnius*
*Cum ſalis, ʒſs.*
*Vnguent. Baſiliſco.* ʒij. *Miſce.*
*Fiat inſtar vnguent. & applicetur ſuper Carbunculos.*

## Aqua Theriacalis ad Peſtem.

*Rec. Liquoris ſtillatitij ſanæ ſanctæ Indorum, l.* viij.
*Antidoti Mithridatici Damocratis,* ʒvj.
*Carduibenedicti,*
*Scordij,*
*Galegæ, ana m.* ij.
*Macerentur ſimul per noctem, poſteà deſtillentur, ſ. a.*
*Cap.* ʒiiij. *pro vice.*

But heere a great doubt and controuerſie may ariſe, whether as ſometimes we ſee one poyſon to be the expeller of another poyſon; ſo in like ſort, whether one ſtinking ſauour, and graueolent or ill odour, and vapour of ſome peſtilent breath or ayre, may bee the proper amulet or preſeruatiue againſt any ſuch poyſon, to bee hanged about the necke: for at this time let it bee granted (to

pleaſe

pleaſe ſome) that Tabacco is of no good ſmell or ſent and that it is a little poyſonous. For wee ſee ſome daily in the time of any generall or grieuous infection of the plague, for auoidance thereof, and for preſeruation ſake, will ſmell vnto the ſtinking ſauour of ſome loathſome Priuie, or filthy Camerine and ſinke; and this they make reckoning is one of the beſt counter-poyſons, that may bee deuiſed againſt any peſtiferous infection: for their nature being inured to theſe, they will afterwards not ſeeme to paſſe for any peſtilent malignitie of theayre, and dare boldly aduenture without any preiudice, or impeachment to their health, into any place or companie whatſoeuer. And to perſwade vs the more eaſily to this, they obiect to vs for example ſake, thoſe women that ſpend their daies continually in hoſpitals for Pilgrims, & for poore trauellers, who are accuſtomed to euery abhominable ſauour of the ſicke; whereof we ſhall neuer ſee or very ſeldome, any of them either to be taken, or die with any peſtiferous infection, though neuer ſo dangerous. In like maner, there be ſome that in time of the greateſt heat and rage of the Peſtilence, doe kil dogges, cats, and other like creatures, ſuffering them to be caſt, and lie rotting and ſtinking in corners of ſtreets, croſſe pathes, and where many waies meete, thinking that by theſe meanes, the rotten, ſtinking and euill vapour that from them is carryed vpwards, filleth the ambient ayre, and ſo either drinketh vp, conſumeth, or elſe quite altereth the peſtilent infection thereof. After which ſort we read, that in times paſt a certain Phyſician freed *Scythia*, now called *Tartaria*, from the miſchiefe of a moſt dangerous peſtilence.

I am not ignorant, how that ſometimes one poyſon is the preſeruatiue againſt another poyſon, and the fleſh of

vipers (which entreth into the famous compoſition of *Mithridatum*) to reſiſt and quell, not onely his owne, but euen the venenoſitie of other Serpents. There is not a preſenter remedie for one that is dangerouſly ſtrooke of a venomous Scorpion, than the oyle of Scorpions it ſelfe. There be many liuing creatures that haue certain hid properties againſt diuers euils: and ſo we ſee that experience hath giuen the knowledge of many medicines, of the which none can giue any certaine reaſon. Wherefore I would that ſome would experiment thoſe of our owne countrey, and compound ſome *Theriaca* or Alexipharmacall medicine of our own plants, which the euerlaſting God hath giuen to our owne vſe: the which to my iudgement would proue more excellent, farre better, and more ſure than vipers (though neuer ſo wel corrected) of whoſe fleſh partly, is made and compoſed the famous electuary, called *Theriaca magna*; knowing that it is not ſure to vſe vipers, becauſe of their deadly poiſon that they beare, whatſoeuer others ſay.

But to returne from whence I haue a little digreſſed, I will not deny, but that ſuch perſons as haue been acquainted and accuſtomed to a bad and vnholſome ſtinking aire, or any peſtilent malignity, but that they will ſmell vnto, & eaſily endure any thing that may be imagined worſe then any ſtinke it ſelfe or carion-like ſmel, without either danger, trouble, or any diſpleaſure at all, and doe recke ſo little of the plague when it rageth moſt, as I haue ſeen ſome, & known moe, euen faſting and without fencing their heart or ſpirits with any antidote, to haue buried moe than two hundred, whom the plague had bereft of life. And yet this I ſay, that Tabacco is not ſo perillous as ſom would make the world beleeue, but that amongſt the proper curations

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and alexiteries against any pestilent infection, this obtaineth not the last place.

*Galen* in his third book *De Alimentorum facultatibus*, plainely sheweth, that in his daies there were Egyptians that fed as sauourly on Serpents, as othersom did of Eeles. The new-found world nourisheth great store of Serpents and Lyzards of a maruellous greatnesse, the which are easily taken of those countrey people without danger: yea the Neigers eat these Lyzards, so doe the Indians of *America*, both these and also the lesser ones which are of the bignesse of a mans legge. And who hath not read (though from long iourneys large lies are afforded) what *Peter Martyr* of *Angleria* in his *Decades* hath written? And *Laurētius Ioubertus, de Cutis capitis affectibus*, will resolue vs, that the Americans, and their neighbours doe the same.

About three degrees and a halfe from the equinoctiall, there is found a riuer that cometh from the mountaines of the country named *Camia*, and another more lesse named *Rhegium*, the which beare and bring forth verie good fish, also Crocodiles very dangerous: as the riuers of *Nilus* and *Senega*, and they eate them as wee doe venison, as *Iohn Leo* in his description of *Africa* saith: And *Andrew Theuet* in his description of the new-found world, agreeeth with him saying, that the Americans food for the most part, is roasted after their maner, as rats of diuers kindes, and great ones, a certaine kinde of toades greater than ours, Crocodiles, and others that they roast al whole, with the skinne and the bowels, and this they vse without any difficultie: yea these Crocodiles, and great Lyzards bee as great as a pigge of a moneth old, the which is a fine meate (as they say that haue eaten thereof.)

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Theſe Lizards of *America* are ſo priuie, that they will come neere vnto you,& take their repaſte,if that you wil take it without all feare or difficultie. Their fleſh is like a chickens fleſh, and they kil them with ſhooting at them with their arrowes. And if tabacco were halfe ſo bad as any of theſe, I trow the diſpraiſers thereof might then with full mouthes, and full cheekes except againſt it.

It cannot be denied, but that Tabacco hath ſome malignitie, yea, ſome naughtie and venemous qualitie in it, in reſpect that it produceth ſuch a ſtrange ſwimming, vertiginie or giddineſſe like drunkenneſſe in the braine, with foaming at the mouth and ſwouning, yea, lying as it were dead, or in a traunce for a certaine time, when any almoſt hath firſt taken it, and yet at length after their bodies haue been acquainted and inured to it, there hath no ſuch paſſion or effect followed, though it hath been taken by them in a verie large quantitie.

Whereupon doubtleſſe, wee muſt conclude, that euen of ſtrong poyſons, ſome men may very well be nouriſhed, and conueniently fedde, eſpecially if they bee aſſumed moderately, and by degrees a little at once: as *Lewes Vertoman* writeth of the King of Calecut, whoſe father ſo inured him to take poyſon, that hee was fed and nouriſhed therwith, and with nothing elſe all his life time: ſo that when he intended to put any of his noblemen to death, he would but cheaw, and bite in his mouth a certaine fruit there growing, called *Chofolos*; which being done, hee would ſpit them in the face of him with whom hee was offended: who preſently after being poyſoned with this ſtinking breath, would goe home and die. This King (as the forenamed author ſaith) had foure thouſand wiues, but he neuer lay with any of them but one night:

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for the next day day ſhee was found dead, onely with the poiſonous breath of the King. So that hereby, by theſe examples we may learne, that poyſons and ſtrong medicines may by degrees bee ouercome by the vertue and ſtrength of nature, & be cõuerted into a profitable noriſhment of the whole bodie, as al Phyſicians alleage; ſithence there is nothing that nouriſheth, but that which is firſt concocted, & digeſted, by the power & benefit of nature.

Cuſtome is of great force in our meats: and that many haue been fed onely with poyſons, *Iohn Bruyerni, de re cibaria, lib. 1. cap. 22.* plainely ſheweth. So in times paſt the people called *Pſylli*, and the *Marſi* would without danger, both handle, and eat Serpents. *Hollerius* reporteth of a Spaniard that would eate halfe an ounce of *Opium* at one time: we in England muſt not exceed twelue graines, and in Poland two graines onely will kill a ſtrong man, ſo that he ſhal neuer ariſe, till the trumpe of the Archangell awake him. *Iohannes Heurnius* ſaith, that hee hath ſeene diuers ſlaues at Naples in Italy, which would deuoure a verie great deale of *Meconium*: and others againe would as faſt eate poppie without any ſenſible hurt thereby. And as I haue partly touched before, wee read of one *Tharſias* an Apothecary, and many ſhepheards in Greece, who would take into their ſtomacks whole handfuls of *Helleborus albus*, or Neeſewort, without any danger at all, digeſting thē very well. *Eudemus* of the Iland of *Chios*, would do the ſame, without any purging downwards, as *Theophraſtus* aſſureth vs: & yet with others we know, that it procureth vomiting mightily, & that with extream danger, & hazard of life, if it be not well corrected, & giuen to ſtrong complexions, and robuſtious conſtitutions, and not to nice and delicate perſons.

Wee reade in histories of a maide of excellent beautie, that was onely fed and brought vp with the deadly poyson of *Napellus*, who was presented to *Alexander* the great by the king of *India*, to the intent he should bee ensnared in the inextricable labyrinth of her beautious physnomie: whome when *Aristotle* his master had throughly veiwed and beheld, hee forewarned the king of the danger, and the bait that was laid to insnare him. Neither was he therein deceiued in his iudgement, for though the king refused her companie, manie other sprightfull laddes and lustie-bloudes being allured and bewitched with her companie, they all died by that abominable poysonous and destroying vapour or hurtfull breath which came from her body, as *Iohannes Langius* in his Medicinall epistles hath also remembred. This maide did well enough with this hearbe *Napellus*: and yet the force and facultie thereof is so deadly both to man, and also to all kindes of beastes, that if any doe eate thereof, their lippes and tounges swell forth-with, their eyes hang out, their thighes are stiffe and their wittes are taken from them, as *Auicenua* writeth in his fourth book. Yea the force of this poyson is such, that if the pointes of speares, dartes, or arrowes bee touched or annointed with the same, they bring deadly hurt to those that are wounded therewith. So that if strong poysons through custome may bee turned into the profitable nourishment of our bodies; howe much more, such Simples, that bee but as it were a little hurtfull as Tabacco is.

The like may bee said of meates and medicines: some men will eate and continue with feeding on *Cassia*, as familiarly as if all their life time they had neuer taken delight in any other thing: and yet with others againe it is

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accounted verie loathsome, and bringeth gripings, wringing, and much torment to the whole bodie. In some persons *Manna* turneth wholly in choler: and it gently looseneth the belly in others. Some will very easily digest beefe, or any meats of harder digestion, whose stomacks againe doe abhorre the flesh of hens, rabbets, and the like: & if they chance to eat of them, they turne into sower belchings, and are quickly corrupted in their stomacks, lying there stinking, as in a filthy puddle. Therefore whatsoeuer is familiar to any particular mans nature, and wherewithall he is most delighted, neuer bee afraide to giue the sicke, although in others it may not be tollerated. But to returne againe into my path from whence I haue a little digressed.

Although all men, and all countreys are not alike subiect to, and hurt by the pestilence (for *China* which is the greatest part of the habitable world, in which there are (as some Histories report) seuenty millions of people, being scarse so many in all Europe, wherein (as I suppose) God hath included the greatest gulfe of mankinde, is not subiect to this dangerous disease, nor yet many parts of *Africa*, as *Iohn Leo* a Moore borne in the Kingdome of *Granada* saith) yet we know and feele, that all those countreys that lie open to the sea, or bee situated right against the South, or lie much open to that point, are more dangerously infected than others that haue not the same site of place for their dwelling. And likewise those that dwell in hot and moist places, poysoned with filthy or mistie exhalations, are more vexed and plagued, than more open and champain countreys, or those that be more mediterrane. And againe, amongst men they are more cruelly handled, which being of a hot and moist temperature,

and ſuch as be full of groſſe and corrupt humours, hauing ſuch bodies as be ready to run ouer with plenty thereof, are more ſubiect to putrefied agues, than colde and drie complexions, and ſuch as haue but ſmall ſtore of humors, and the ſame very fine and pure. For ouermuch looſeneſſe and largeneſſe of body, euen as too much adſtriction maketh a way for the peſtilence.

But it will be neceſſary, and to our purpoſe in hand, and worthy the labour and paines taking, more deepely to enter into, and to make a larger rehearſal into this diſcourſe, and leaſurely by peece-meales, as it were to cut and minſe the ſame. Although therefore the peſtilent poiſon without exception, no leſſe violently ſetteth vpon, as well the richer as the poorer ſort, and aſſoone diſpatcheth thoſe of ſturdy and able bodies, as meacocks, milk-ſops, and weaklings, and ſuch as be great, ſtrong, quarrie, bigge, well ſet, handſome timbred, and ſuch as we call well proportioned and of a iuſt temperature and making (neither too ſlender nor too groſſe) as well as thoſe that are ſickly, queaſie, and abounding with cacochymicall humours, and vpon men as women, old and young, hot complexions as cold, moiſt as dry (for to all alike it proclaimeth open war:) yet neuerthelеſſe it often commeth to paſſe, that vpon ſome it ſooner layeth holde, and killeth more ſpeedily, than it doth vpon others. For firſt in reſpect of ages, wee finde by common experience, that Infants are more endangered thereby, and take it ſooner than children, and theſe ſooner than young men, and younger more than thoſe of riper yeares, and women are more often ſubiect to this griefe than men, and chiefely thoſe that bee with childe, and ſuch as are not monethly expurged.

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Of complexions likewiſe, that temperament which is hot and moiſt, or cold and moiſt, is oftener and eaſilyer ouerthrowne, than either the hot and drie, or the cold and drie complexions. And for the ſame reaſon, the ſanguine, and the phlegmatique conſtitution are moſt in danger, and are more ſubiect vnto this griefe, than either cholericke, or melancholike perſons, and doe ſooner die withall. The cauſe of this varietie is the ſuperabundant, corrupt, or filthy humours ſubiect to putrefaction, or corrupt and filthy bloud, which is eaſily infected with the contagion of the ayre receiuing peſtilence. And this is the cauſe, that thoſe who are much ſubiect to ſickneſſe (although that ſome will falſly maintaine, that either the French Pockes, or the quartane ague, is a *Superſedeas* to the plague) and cacochymicall bodies, doe ſooner feele the hurt thereof, and are put into further hazard than ſuch as bee exquiſitly ſound, and in perfect health: and thoſe that vſe nouriſhments which breede euill iuyces and humours in the bodie, than the contrarie, or ſuch as bee of eaſie concoction; and ſuch as ſurfet, pamper, or cocker themſelues too much, more than thoſe that behaue themſelues temperately, and vſe a moderation in their expences and manner of liuing, as ſome ſay they doe at *Florence* in Italy.

To ſhut vp all in a word, thoſe that keepe good rule liuing continently, are freer from this plaguy infection, then ſuch as liue after their owne pleaſure, wilfully, and luxuriouſly: and they that keepe home, leſſe than ſuch as gad abroad, being accounted good fellowes, louing to frequent much company, do leſſe feele this poiſonous diſeaſe. Now although by this that I haue ſaid, one may eaſily

gather, why Tabacco ſhould be good in ſome conſtitutions, (I meane in hot and moiſt, and colde and moiſt) and why not in other ſome ſo holeſome: yet for all that, this muſt be taken warily, namely, that wee vſe not Tabacco (for purgation ſake eſpecially) nor yet any purging medicine in the beginning of the plague, or yet if they be taken with any fluxe or looſeneſſe of the belly; for of theſe thus affected, there is ſcarſe the hundreth perſon that eſcapeth with life. I know well what *Fracaſtorius*, *Palmarius*, and many others haue written, and enforced themſelues ſomtimes too farre concerning theſe points, & as they imagin they haue attained the truth. As for me, it is not my purpoſe at this time to cenſure others in this iudging world, but only I thought good to ſpeak thus much by the way, ſeeing it is not quite beſides my intended ſcope, as touching our Tabacco.

The iuyce of Tabacco boyled in ſugar to the forme of a ſyrupe, and inwardly taken, driueth forth worms of the belly, if withall a leafe bee layed to the nauell. It cureth alſo the Piles, and the Dropſie.

## An Vnguent for a Dropſie.

*Rec. Succorum ſanæ ſanctæ Indorum*, ℥viij.
*Cortic. med. Sambuci*,
*Chamomillæ*,
*Tithymali*, *ana* ℥ij.
*Succi violarum*,
*Radicum Cucumeris agreſtis*,
*Mercurialis macis*,
*Laureolæ*,
*Colchici Anglici*,

*Fellis*

*Fellis tauri,*
*Aloes hepaticæ, ana* ℥iij.
*Diagredij*, vnc. j*ſs.*
*Cum olei oliuar: lib.* iij. *& Ceræ albæ. lib.* j.
*Fiat vnguentum ſ. artem.*

An Emplaſter for the ſame.

*Rec. Stercoris vaccini,*
*Sterco. Caprini, ana* ℥viij.
*Macerentur per horas* vj. *in aceto vini albi & ſiccantor.*
*Tum Rec. aluminis rochæ,*
*Salis nig. torrefac.*
*Sulphuris flaui, ana* ℥ij.
*Succi tabaci,* ℥vj.
*Foliorum Soldanellæ,* vnc. j*ſs.*
*Seminum Aniſi,*
*Fœniculi,*
*Carui, ana* vnc. j.
*Farinæ lupinorum,*
*Orobi, ana* vnc. j.
*Terebinthinæ,* vnc. ij.
*Picis naualis,* vnc. xij.
*Axungiæ porcinæ,* vnc. iiij.
*Fiat Emplaſtrum ſ. artem.*

Syrupus optimus ad Hydropicos.

*Rec. Foliorum ſanæ ſanctæ Indorum. m.* vj.
*Hyſſopi ſicci,*
*Pulegij regalis,*
*Ceterach (ſeu aſplenij) ana m.* j. *ſs.*
*Calamenti minoris, p.* ij.

*Seminum*

*Seminum Aniſi,*
*Seminum vrticæ,*
*Sem. Anethi, ana* 3iij.
*Galangæ,*
*Hellebori albi, ana* 3iiij*ſs.*
*Aſari,*
*Agarici, ana* 3ij.
*Rad. Angelicæ hortenſis,*
*Rad. iridis,*
*Coſti,*
*Amomi,*
*Polipodij quercini, ana* 3j.

Let all theſe be beaten to powder, and infuſed in ſix pintes of the ſharpeſt wine vineger for three daies ſpace in the open ſunne, in a glaſſe veſſell. Afterwards boyle them in a double veſſell with a gentle fire to the conſumption of the halfe, then ſtraine them, and adde to them of *Mel roſarum l.* j. *Sacchari l. ſs.*

Boyle them againe to the conſumption of the vineger, and aromatize it with ſaffron, ginger, and mace, *ana* 3ij.

*Fiat Syrupus ſecundum artem.*

A conuenient purge in a Dropſie.

*Rec. Seminum ſana ſanctæ Indorum,* 3j.
*Rhabarb.* 3*ſs.*
*Diagridij, gr.* ij.
*Syrupi roſ. ſol. cum agarico* 3j. *cum aqua deſtillati tabaci, quantum ſufficit.*
*Fiat potio. Detur poſt digeſtionem conuenientem.*

An

An excellent *Sacculus* to diſcuſſe winde, to remooue the colicke, and is very effectuall in a tympanic.

*Rec. Foliorum ſan. ſanct. Indorum, p.* iiij.
*Florum Chamæmelorum,*
*Summitatum anethi, ana p.* j.
*Cymini,* Cumin
*Cari, ana* ℥ſs. caraway
Bay berries *Baccarum Lauri,* ʒiij. Make two bagges of all theſe being quilted or interbaſted, ſo that they may couer the moſt part of the belly.

Tabacco is a preſent remedy for the fits of the mother, it mitigateth the paine of the gout, if the leaues bee roaſted in hot embers, and applyed to the agreeued part, and likewiſe a Cataplaſme made onely of the leaues of Tabacco being boyled in milke with a little comin-ſeede with the yolkes of two egges and ſaffron, ℈j.

An Vnguent to take away all paines of the Gout.

*Rec. Succi foliorum ſan. ſanct. Indorum,* ʒviij.
*Axung. porci maſculi,*
*Axung. caponis, ana* vnc. ij. *Miſce.*
Put all theſe into a glaſſe, ſtopping and luting it cloſe with paſte, and ſet it in the ouen for eight or nine houres, make an Vnguent. This alſo helpeth ſuch as bee troubled with crampes and conuulſions.

A Cataplasme also or Pultes made of the roots of marsh mallowes, Tabacco leaues, some line-seede, and crums of bread is much commended in the gout: and if a little oile of wormes be added to it, nothing can bee deuised better. Some doe also greatly praise a medicine thus prepared, for the gout.

*Rec. Olei cannabini l. ſs.*
*Vini albi, l. j.*
*Foliorum ſanæ ſanctæ Indorum, m. ij.*
*Bulliant ad conſumptionem mediæ partis.*

The leaues of Tabac. in the low coūtreys are vſed against scabs, & filthnesse of the skin, & for the cure of wounds: but some hold opinion, that they are to be vſed onely but for the cure of wounds, and to hot and strong bodies: for they say, that the vſe of Tabacco is not safe in weake and old folke: and for this cause (as it seemeth) the women in *America*, as *Theuetus* saith, abstaine from the herbe *Petum* or Tabacco, and can in no wise endure it.

Against redneſſe of the face.

*Rec. Lithagyri argentei, ℥j.*
*Ceruſæ albiſsimæ, ℥iij.*
*Camphoræ, ℈ij.*
*Aquæ ſtillatitiæ ſan. ſanct. Indorum, ℥ix.*
*Aceti albi, ℥ij.*

Let them settle sixe houres together at least, then filter them, and euery day twise or thrise wette the face withall.

Another againſt cancerous vlcers, and red-neſſe of the face.

*Rec. Plantaginis,*
*Circæa Lutetianæ,*
*Sanæ ſanctæ Indorum,*
*Albumin. ouorum n°.* xij,
*Aluminis, l. ſs.*
Mixe them together, and let them bee deſtilled: but it is beſt, firſt to infuſe them together for twelue houres ſpace.

There is an oyle to bee taken out of the leaues of Tabacco, that healeth merrie galles, kibed heeles, and ſuch like. Tabacco doth likewiſe ſcoure and cleanſe olde and rotten vlcers, and bringeth them to perfect digeſtion, as *Nicolaus Monardis* ſaith.

The oyle or iuyce dropped into the eares is good againſt deafneſſe: a cloth dipped in the ſame, and layed vpon the face, taketh away the lentils, redneſſe, and ſpots thereof, as thus:

*Rec. Olei ſanæ ſanctæ Indorum,* ℥j.
*Sulphuris in pollinem redacti,* ℥ij.
*Miſce ſine foco.*

*Ad guttam roſaceam*, or a ſawce fleagme face.

*Rec. Ceruſam q. v. & ponatur cum aqua ſtillatitia tabaci ad ſolem, vel cum ſucco eiuſdem herbæ: qua ſicca addjciatur alia, dum fiat albiſsima &*

*fiant pilulæ. Soluatur vna ex aqua tabaci, et illinatur facies.*

For an olde or inueterate sawce-fleagme face.

*Rec. Caphuræ*, ʒij.
*Boracis*, ʒij.
*Puluer is subtilissimi foliorum san. sanct. Indorum*, vnc. *ss.*
*Misce cum succo limonum et melle despumato.*
So vse it as an ointment daily.

It is vsed against poyson, and taketh away the malignitie thereof, if the iuyce bee giuen to drinke, with some *Theriaca* or *Mithridatum*, or the wounds of venemous beasts be washed therewith.

Tabacco preuaileth against all apostumes, tumors, inueterate vlcers, botches, and such like, being made into an vnguent or salue, as followeth.

Take of the greene leaues of Tabacco *l.* iij *ss.* Stampe them very small in a stone mortar.

*Olei oliuarum l.* ij.

Set them to boyle in a brasse panne, or such like vpon a gentle fire, continually stirring it, vntill the hearbes seeme blacke, and will not bubble, nor boyle any more: then shal you haue an excellent greene oyle: which being strained from the dreggie refuse or feces, put the cleare and strained oyle to the fire againe, adding thereto of

*Waxe, l. ss.*
*Rosin*, ʒiiij.
*Turpentine*, ʒij.

Melt them together, and keepe it in pots for your vse

to

to cure inueterate vlcers, apoſtumes, burnings, greene wounds, and all cuts, and hurts in the head.

Tabacco is alſo good in burnings and ſcaldings with fire, water, oyle, lightning, or ſuch like, being boyled with hogges greaſe in forme of an Vnguent, which I haue often prooued and found moſt true, adding a little of the iuyce of *Pomum ſpinoſum*, or thorne apple leaues, ſpreading the ſame vpon a cloth, and ſo applying it.

*Ronſſeus*, in his ninth Chapter, hath ſtoutly ſtriued to ſhew al the Indications verie exactly, for the curation of al vlcers in the legges, and other parts that happen to thoſe perſons, which are troubled with the ſcuruy, or rather ſcorbute. And although that theſe vlcers are happily remedied with ſudoriferous medicines, eſpecially with wine extracted from the flowers of Antimonie, and with *Sanguis Antimonij*, with Turbith Minerall, and other ſpagiricall liquors (for by theſe, that redundant humour which feedeth, and cauſeth the vlcer, is not onely dried vp, but alſo perfectly conglutinated and ſouldered) yet the buſineſſe would more happily proceede, and the cure be ſooner perfected, if there were in my iudgement certaine vulnerarie hearbes added to them, ſuch as bee *Sana ſancta Indorum*, *Pyrola*, *Alchimilla*, *Conſolida Sarraſenica*, *cochlearia*, *ſanicula*, *Nummularia*, and others of the ſame vertue. And thus would I make a *Balſamum*, for the curation of filthie vlcers comming by meanes of the ſcorbute.

*Rec. Foliorum Nicotianæ ſiue Petti Braſilianorum,*
*Conſolidæ Regalis,*
*Betonicæ Pauli,*
*Ophioglóſſizana m.* iiij.

*Nammulariæ,*
*Perſicariæ maculoſæ,*
*Chelidoniæ maioris, ana m.* j.
*Florum fug. dæmonum, m.* j. *ſs.*
*Centaurij minoris,*
*Flo: Chamæmeli, ana m.* j.
*Radicum conſolid. maioris &*
*Rad. althææ recentium, ana* ʒviij.
*Lumbricorum terreſtrium vino maluatico lotorum,* vnc. x.

*Inciſa et contuſa circulentur, Pellicano Hermeticè ferruminato incluſa, in libris duabus olei vetuſtiſsimi, et l.* j. *terebinthinæ abietin. per tempus trimeſtre.* After theſe three moneths ſpace, deſtill them in a Retort with a milde and gentle fire. In the deſtilling adde vnto it, *Tegularum,* ʒxx.

*Rec. Huius deſtillati, l.* j. *ſs.*
*Vernicis,* vnc. vj.
*Axung. human.* vnc. viij.
*Mumm. communis contrit.* vn. vj.
*Maſtiches,*
*Myrrh.*
*Aloes,*
*Thuris,*
*Styracis liquidi, ana* vnc. vj.
*Deſtillentur adhuc ſemel, cum laterum in puluerum redactorum l.* j. *Poſtea adde*
*Oleorum petrolei,*
*Olei è terebinthina,*
*Olei è granis Iuniperi, ana* ʒiij.

*Puluer.*

*Puluer. æruginis*, vnc.j.
*Fiat Balſamus artificialis viridis.*

And of the ſame vertue is this that followeth.

*Rec. Terebinth.* vnc.ij.
*Thuris* vnc.ij.
*Aloes*,
*Maſtiches*,
*Caryophyllorum*,
*Galang.*
*Cinnamomi*,
*Croci*,
*Nucis moſch.*
*Cubebarum, ana* vnc.j.
*Aquæ. ſtillatit. ſan. ſanct. Indorum, et*
*Aquæ Hordei, ana l.* j. *Deſtillentur.*

An excellent Iniection to deterge and cleanſe vlcers, eſpecially thoſe that happen in the ſcorbute.

*Rec. San. ſanct. Indorum, m.*ij.
*Ligni ſancti ſubtiliſsimè pulueriſati, et*
*Corticis eiuſdem, ana* vnc.ij.
*Ariſtoloch. long.*
*Centaurij minoris*,
*Abſinthij*,
*Equiſeti*,
*Eupatorij*,
*Saniculae.*
*Foliorum myrti*,

*Pimpinellae*,

*Pimpinellæ, et*
*Conſolidæ med. vulnerariorum, ana, m.* j.
*Corticum thuris,*
*Myrrhæ,*
*Sarcocollæ, ana* ʒv.
*Vini rubri odoriferi, l.* iij.
*Mellis deſpumati,* ʒiiij.

Boyle all theſe together, and when it is ſtrained, make an iniection into the vlcer, adding to it of the beſt *Aqua vitæ* ʒj. for euery time that you vſe the iniection. Or elſe, if to the former decoction, you adde of *aquæ vitæ l.* ij. & deſtill them all together in a glaſſe limbecke in *Balneo Mariæ*, you ſhall haue an excellent water, to deterge, cleanſe and conglutinate filthy, hollow, ſtinking, or ſordidous vlcers.

This ointment alſo following, will performe the ſame effect.

*Rec. Succi ſan. ſanct. Indorum, lib.* ʒ.
*Mellis electi,* ʒiiij.
*Farinæ hordei,* vnc. ij.
*Myrrhæ electæ,* ʒij.
*Terebinth.* vnc. j. *ſs.*
Boile all theſe together, and make an Vnguent to dippe, or arme your tents withall, that ſhall be put into the cauities of any vlcers.

*Paracelſus* the fuliginous Alchimiſt, in his firſt booke, *Chirurgiæ Mag. tract.* 2. *cap.* 9. plainly deſcribeth the ſame vertues to bee in that oyle which hee there calleth, *Oleum*

*antimonij*

*antimonij rubicundum.* In like ſort *Oleum æris*, *Oleum Saturni* but chiefly *Sal Saturni album* brought into powder, deſtilled in a retort with a very cleare fire, vntill all the ſpirits be vaniſhed, and the water after that ſeparated from the oyle *per Balneum*: for within a few dayes it perfectly cureth thoſe vlcers, which of ſom are eſteemed for incurable, eſpecially thoſe that follow any ſcorbuticall ſickneſſe.

Maſter *Iohn Gerard* the moſt learned Herbariſt of this age, in his great Hiſtorie of plants, deſcribeth an excellent balſame, ſurpaſsing in my conceit all the fore-recited: which here in this place I purpoſe to ſet downe, in regard of the many and notable vertues that are in it. I doe make (ſaith he) of Tabacco an excellent balſame to cure deepe wounds, and punctures, made by ſome narrow, ſharpe, and ſharpe-pointed weapon: which balſame doth bring vp the fleſh from the bottome very ſpeedily, and alſo heale ſimple cuts in the fleſh according to the firſt intention, that is to ſay, to glew or ſoulder the lippes of the wound together, not procuring matter or corruption vnto it, as is commonly ſeen in the healing of wounds. The Receit is this:

*Rec. Olei roſarum,*
*Olei Hypericonis, ana l.* j.
*Foliorum tabaci in mortario contuſorum, l.* ij.

Boyle them together to the conſumption of the iuyce, then ſtraine it, and put it to the fire againe, adding thereto of *Venice Turpentine* ʒij.
*Olibani,*
*Maſticis, ana* ʒſs. in moſt fine & ſubtile powder, the which you may at al times make into an Vng. or ſalue by putting thereto wax and roſin to make it a ſtiffe body, which worketh exceeding wel in malign & virulēt vlcers,

as in wounds & punctures. I ſend this Iewell to you women of all ſorts, eſpecially to ſuch as cure and helpe the poore and impotent of your countrey without reward. But vnto the beggerly rabble of witches, charmers, impoſters, and ſuch like cozeners that regard more to get monie, than to helpe for charitie, I wiſh theſe few medicines farre from their vnderſtanding, and from thoſe deceiuers, whom I wiſh to be ignorant herein. But courteous Gentlewomen, I may not for the malice that I doe beare vnto ſuch, hide any thing from you, of ſuch importance: and therefore take one more that followeth, wherewith I haue done verie many and good cures, although of ſmall coſt, but regard it not the leſſe for that. And thus it is:

*Rec. Foliorum tabaci, l.* ij.
*Axungiæ porcinæ, l.* j.

Stampe the hearbe ſmall in a ſtone mortar, putting thereto a ſmall cup-full of redde or claret wine, ſtirre them well together, couer the mortar from filth, and ſo let it reſt vntill morning, then put it to the fire againe, and let it boyle gently, continually ſtirring it vnto the conſumption of the wine, then ſtraine it, and ſet it to the fire againe, put thereto of the iuyce of the hearbe *l.* j.

*Terebinthinæ venetæ*, ℥iiij.

Boyle them together to the conſumption of the iuyce, then adde thereto of the roots of *Ariſtolochia rotunda*, or birth-wort in moſt fine powder, ℥ij. Sufficient waxe to giue it a bodie, the which keep for thy wounded poore neighbour. This alſo helpeth & healeth the old and filthy vlcers of the legges and other parts.

Tabacco is vſed of many men in outward medicines, either

either the hearbe boyled with oyle, waxe, rosin, and turpententine, as before I haue set downe; or the extraction thereof, with salt, oyle, balsame, the destilled water, and such like, against tumors, apostumes, olde vlcers of hard curation, botches, scabbes, stinging with netles, carbuncles, poysoned arrowes, and wounds made with gunne, or any other weapon.

Thus haue you heard what the learned & skilfull Chirurgion, and Herbarist Master *Iohn Gerard*, a man of vnreproueable authoritie, saith of Tabacco, and yet I think he will not say, that it fitteth all persons alike: for I suppose, that it is nought for Alchymists, Brewers, Bakers, Smithes, cookes, furnace-men, more than for fisher-men, and such waterish people. All things haue their season.

*Imponit finem sapiens & rebus honestis.* Iuuenal Satyr. 6.

A wise man may vse moderation,
Euen in things of commendation.

And I may say my *Pater noster* out of season:

*Diuersos diuersa iuuant, non omnibus annis*
*——— omnia conueniunt.* Cat. eleg. 1.

Diuers delights to diuers men:
Nor to all,
Doe all things at all yeares
conuenient fall.

The leaues of Tabac. being applied vpon green wounds, staieth the flux of bloud, & soldereth & glutinateth them: and if the wounds be verie great, they must first bee washed with white wine, and so the lippes of the wound bee ioyned together, the iuyce of the leaues must be sprinkled or cast on, and the drie leaues being bruised be layed all

ouer vpon the wounded place. And the next day following, and from day to day, this order must bee strictly obserued, vntill it be perfectly brought to cure, obseruing withall a true regiment in our diet, and order of liuing.

Doubtlesse, this is a rare miracle of Nature, and a wonderful vertue, that is in this cotemptible little plant, or rather esteemed to be so vilde, base, and contemptible. For if any one be newly and dangerously wounded, and that the miserable partie feeleth a bleeding vnto death, what is a more noble medicine, or more readie at hand, then Tabacco, to binde hard vpon the wound, to stay the inordinate effusion of bloud? Questionlesse, if wee were as diligent and greedie to search out the true properties and vertues of our owne domesticall remedies, which we buy of others so dearely, wee would not enforce our selues with such eager pursute after those of forraine countreys, as though things farre fetcht off, were better than our owne neere at hand; or as though nothing were good and holesome, vnlesse it came from Egypt, *Arabia*, *China*, or *India*. Surely, vnlesse there were some wilde worme in our braines, or that we we were bewitched, and possessed with some furie, we would not so farre be in loue with forraine wares, or be so much besotted, as to seeke for greedy new Physicke, and physicall meanes, considering that one poor plant, tabacco, will (being rightly vsed) do more good for the stanching of bloud, the curation of wounds and vlcers, the hindring of *sanies*, slime or slough to grow in any sore, to abate and quench swellings and paines, to conglutinate, and consolidate wounds, more than a cart load of Bole fetched out of *Armenia*, *Sarcocolla*, *Sandaracha*, or that earth which is so much nobilitated by the impresse of a seale, and therefore called *Terra Sigillata*, the clay of

*Samos*,

*Samos*, the durt of Germanie, or the loame of *Lemnos*. For Tabacco hath a moderat adſtriction, it ſoldereth, ioyneth and cloſeth vp wounds, nor ſuffering any rotten or filthy matter to remaine long in them.

And in regard of theſe excellent vertues and qualities, it quickly cureth bleeding at the noſe, the Hæmorrhoides and other bloudie fluxes, whether of the opening of the mouthes of the veines, their apertions, breakings or any other bloody euacuation that too much aboundeth being either giuen by it ſelfe, alone in ſome wine either inwardly, or outwardly, or commixed with the bloud-ſtone, *Crocus Martis*, and other the like remedies fit for the ſame intentions.

*Laurentius Ioubertus* deſcribeth an Vnguent, which is of ſingular force, made of Tabacco, for the curation of wounds, ſcabbes, and the diſeaſe called *Scrophules*, or the Kings euill: yea, for that ſame knottie ſcourge of rich men, and the ſcorne of Phyſicians, I meane the gowt, which as ſom learned men hold opinion, can by no means be remedied, yet feeleth mitigation and diminution of paine, and curation alſo onely by this admirable medicine, whoſe deſcription in this place, I will rightly ſet downe, and thus it is.

*Rec. Foliorum ſan. ſanct. Indorum, l.* ij.
*Axungiæ porcinæ recentis diligenter lotæ, l.* j.

The hearbe being ſtamped or bruſed, let it be infuſed a whole night in red wine, in the morning boyle it with a gentle fire with the axunge to the conſumption of the wine. Then ſtraine it very hardly: and that being done, adde to it of the iuyce of *Sana ſancta Indorum, l. ſs.*

*Reſinæ abiegnæ.* vnc. iiij.

Boyle them againe to the conſumption of the iuyce, and toward the end of the boyling, adde to it of

The roots of *Ariſtolochia rotunda* in powder, vn. ij.

New wax ſo much as is ſufficient.

So make it vp into the forme of an vnguent.

If you would haue this Vnguent in the forme of a Cerote, then encreaſe the weight of the waxe, and you haue your deſire.

Truth the daughter of Time hath brought to light, that Tabacco ſtrangely cureth olde vlcers or ſores, and mortifications or gangrenes, if the iuyce of the leaues bee dropped vpon the places, and the leaues firſt bruiſed, and applyed thereon, without any other curious application or anxious mixture; the bodie being firſt purged, and the redundant peccant humours, being firſt duly euacuated, by the aduiſe of ſome learned Phyſician, and a veine opened, if ſo be it be thought needfull, with keeping of a ſtrict and orderly kinde of diet: for *Nullum eſt tam potens medicamentum, quod præſtare eam quam pollicetur opem poteſt, ſi ratione victus aut perturbetur aut non adiuuetur.* There is no medicine ſo effectuall or of ſuch ſufficient vertue onely by it ſelfe, to cure any diſeaſe, and to expell ſickneſſe, and reſtore to health, if by the order of diet, & regiment of life, it bee either hindred, or not ſomewhat helped.

Furthermore, it is found by long practiſe, that it is very auaileable and effectuall, not onely for the cure of vlcers in men, but alſo in brute beaſts: for throughout all *India* ſtrange and many ſores doe plague their oxen, and other cattell, which by reaſon of the exceeding and ſuper-abun-

dant

dant moiſture of the countrey, doe putrefie and ſwarme with wormes: on which poore beaſts they were wont heretofore to inſperge *ſublimatum*, being deſtitute of better remedies: and becauſe the price of this was at a verie hie rate in thoſe places, it oftentimes ſo fell out, that the medicine coſt more, than the ſilly beaſt which was to bee cured was adiudged to be worth. Wherefore hauing experimented the faculties and properties of Tabacco in men, they transferred the vſe thereof to the curation of rotten, ſtinking, and ſuch corrupt ſoares of beaſtes as were full of crawling wormes, and they quickly found that the iuyce of the hearb being dropped into the place, did not onely kill worms, but alſo clenſe and mundifie the vlcers, and afterwards bring them to perfect cicatrization: and for the ſame cauſe the Americans euer carrie about them ſome of the powder of it.

I know a certain man that had an vlcer in his noſe, out of which there iſſued forth a virulent or filthy matter or *ſanies*, not without great ſuſpicion of ſome contagion, or infectious ſickneſſe: who by mine aduiſe dropped in ſom of the iuyce of the leaues of Tabacco, and when hee had done ſo twiſe together, a great many wormes firſt came forth, and after that fewer, and laſtly after a fewe dayes the ſore was abſolutely cured, and no wormes neuer after that iſſued forth: yet the parts that were conſumed, and eaten away could neuer againe by any art bee throughly reſtored.

This plant being hot and drie in the ſecond degree, as ſome would haue it, doth by meanes thereof vndoubtedly purge and cleanſe: and ſo it may heale either *vlcera putrida ac corroſiua in naribus*, and *Noli me tangere*, ſo named becauſe it reſembleth (as ſome imagine) a curſt ſhrew that

muſt

muſt not be touched when ſhe is angrie, for then ſhe will be, *Calcata immitior hydrâ*: therefore I ſuppoſe it is not good to wake an angrie dog; and when a miſchiefe is well quieted and brought aſleep, it is good to goe your waies, and ſay neuer a word.

The new-found Alchymiſts of our time take vpon them to make *quidlibet ex quolibet*, weauing and vnweauing daily the luckleſſe webbe of *Penelope*: without either reaſon for their miſterie, or great reward for their labour: and yet *Iohannes Liebaultius* writeth that there are which deſtill water of the greene leaues of Tabacco in a lymbecke of glaſſe, which water is no leſſe ſingular in all effects, and paſsions, then the verie iuyce, helping all wounds, ſoares, and bruſes, euen reſtoring to men which by ſome aduenture, or by ſome poyſonous malignitie and vapour, haue loſt their nailes, new ones by waſhing that part with the water deſtilled, and after wrapping them vp in fine linnen clothes dipt in the water. So that it is no maruaile if the people of the new-found world, which we commonly call the Weſt Indies, doe make ſuch hie reckoning of this hearb: for there are found diuers populous nations in farre differing clymates, that liued for the moſt part vpon filthy and loathſome poyſonous Spiders, as alſo of graſhoppers, piſſemires, lyzards, and night-bats; and an ougly toade was ſolde for ſixe crownes in a time that al ſuch meats were ſcarſe amongſt them, which they boyle, roſte, bake and dreſſe with diuers kinds of ſawces. *Albertus Magnus* mentioneth a maid, who accuſtomed her ſtomacke to liue onely vpon ſpiders. I ſhould iudge that Tabacco were good for theſe kinde of people. But yet this ſeemeth more ſtrange, that ſome of theſe people haue been found among theſe nations, to whome our vſuall

fleſh, and other meats were mortall and venemous. Great is the force of cuſtome: Huntſ-men will watch all night in the ſnow, and endure to be ſcortched on the hils: Fencers bruſed with ſand-bagges or cudgels, and doe not ſo much as groane. *Ariſtotle* ſpeaketh of one *Andron* the Argine, that he would trauel all ouer the ſcorching ſands of *Lybia* without drinking, which is impoſsible for any other to doe.

In like maner may we ſay of our Tabacco: for as vſe is the moſt effectuall maſter of all things; ſo we ſee that Tabacco breedeth ſuch paſsions in ſome, as though they had receiued ſome ſtrong poyſon, & yet others that are poiſoned, do find it to be a good preſeruatiue againſt poiſon. In ſom it cauſeth fainting & ſwouning; with another, vtter deiection of the ſtrength: with others againe it worketh a contrarie effect. I may ſay, it is like wine. For many other ouer-ſhoot thēſelues with fuming wines, & yet the liquor may be all one, and yet not worke the ſame effect in all: for ſome ſigh, others ſmile, ſome are dum and ſilent; others attentiue, and full of words: ſome embrace, others fight: ſome ſleep, others ſing, according to the diuers humors of their bodies, and inſtincts of nature. So the fuming vapor of tabacco will cauſe ſome to be drunke, & to haue a reeling giddineſſe in their heads: others again on the contrary, ſay, that it expelleth drunkenneſſe, & all ſwimmings in the brain. In ſome, tabacco cauſeth vomiting; in others again that I haue known, it performeth the contrary effect by ſtrengthening the ſtomacke, ſtaying vomiting, & cauſing a good appetite. Some, if they take Tabacco much, are tranſported with rage and choler, ſo that you ſhall ſee & heare, inflammation & fiery rednes of the face, vnwonted othes, chafing, vnquietneſſe, and raſh precipitation.

*Ora tument ira, nigreſcunt ſangaine venæ,*
*Lumina Gorgoneo ſæuiùs igne micant.*

In Engliſh thus:

The face through anger ſwels,
the veines grow blacke with blood,
The eyes more fiercely ſhine
than *Gorgons* fierie mood.

Yea, in ſome great Tabacconiſts, you ſhall ſee them ſtaringly wilde, their face troubled, their voyce frightfull and diſtempered. They foame at the mouth, they ſtartle and quake, rage and ruffle, and wordes eſcape them, that they afterwards repent. But in others againe it cauſeth a pleaſant humour, and cleane contrarie vſages, humours, and paſsions. Tabacconiſts and Tabacco-companie keepers haue in my opinion, but ſlightly harpt vpon this ſtring, no more than they haue vpon others of the like or greater conſequence: ſo that by their varietie of conceits, and inſtabilitie of their humours, and opinions, they do (as it were) lead vs cloſely by the hand to this reſolution of their irreſolution.

Some there are alſo, who (to ſpeak like a Chymiſt) doe deſtill oyle of Tabacco, *per deſcenſum*, which oyle theſe authors (agreeing with the Paracelſians) preferre before all other applications, either of leaues, iuyce or powder, becauſe the quinteſſences (quinteſſence is no other thing but a qualitie, wherof we cannot with our reaſon find out the cauſe) and extractions drawne out of the ſimples, are the ſubtile ſpirit, and haue the pureſt vertue, and facultie of the ſubſtance from the which they are drawne.

This oyle is much commended againſt the tooth-ache,

the

the coughs, and the rawneſſe or coldneſſe of the ſtomack, and the diſeaſe called the Mare.

Many of the Africans are tormented with the tooth-ache, which as ſome thinke) they are the more ſubiect vnto, becauſe immediatly after hot pottage, they drinke colde water: as *Iohn Leo* in his firſt booke ſaith.

In *Africa* likewiſe, thoſe which are of a ſanguine complexion, are greatly troubled with the cough, becauſe that in the Spring time, they ſit too much vpon the ground. And vpon Fridaies I had no ſmall ſport, and recreation (ſaith the ſame *Iohannes Leo*) to goe and ſee them. For vpon this day the people flocke to Church in great numbers to heare their Mahumetan ſermons. Now, if any one in the ſermon fals a coughing, or a neezing, all the whole multitude will doe the ſame for companie, and ſo they make ſuch a noiſe, that they neuer leaue, till the ſermon be quite done: ſo that a man ſhall reape but little knowledge at any of their ſermons. I ſhould thinke it good lthat theſe kinde of people would take either the fume, powder or deſtilled oyle of Tabacco for their vntimely and vnreaſonable coughing, and neezing: and ſince they are ſo much ſubiect to the tooth-ache (as I ſaide before) there is no man but will deeme it farre better for them than for vs who are vexed with none of theſe maladies, and yet take it exceſsiuely.

The powder of Tabacco is an excellent dentifrice, or cleanſer of fowle and ruſtie teeth, making them to looke verie white, by ſcowring away all that *ſordes*, clammie, & ſtinking matter that ſticketh vnto them. There be nations who indeuour to make their teeth as blacke as jeate, and ſcorne to haue them white, and in other places they die them redde, and theſe ſorts of people neede not any Ta-

bacco for this intent.

For ſtinking and rotten gums in the diſeaſe called the ſcorbie, and in ſore mouthes, there is nothing better than *Nicotiana*, being taken in a gargariſme, which is publiſhed by *Iulius Palmarius*, and it is alſo ſet forth not many yeares ſince by Maiſter *Faniſter* in a booke, which he calleth his Antidotarie Chirurgicall.

*Rec. Hordei integri, p.* ij.
*Sanæ ſanctæ Indorum,*
*Morſus gallinæ,*
*Eupatorij,*
*Plantaginis,*
*Roſarum rubrarum, ana m.* j.

Boyle all theſe together in *aquæ lib.* iiij. till the one part be conſumed, then adde thereto

*Mellis roſacei,*
*Serapij roſarum ſiccarum, ana* ℥iij.
*Aluminis vſti,*
*Calchanti vſti, ana* ℥ſs.

Boyle all theſe with a walme or two; and ſo let it coole, and then keepe it to your vſe.

Becauſe I haue made mention of a ſtrange diſeaſe, called in Engliſh the Mare, of the Grecians *Ephialtes*, and of the Latines *Incubus*, which (as I ſaid) the extracted oyle of Tabacco cureth: I will declare briefely what is meant thereby.

*Ephialtes* then, or the Mare, ſo called of Phyſicians, is

a diſeaſe of the ſtomack, concerning which read *Paulus Aegineta. lib. 3. cap. 16.* Many, which are taken with this diſeaſe, imagine that a man of monſtrous ſtature ſitteth on them, which with his hand violently ſtoppeth their mouth, that they can by no meanes crie out, and they ſtriue with their arms and hands to driue him away, but all in vaine. Some ledde with vaine fantaſie, thinke him who oppreſſeth them, to creepe vp by little and little on the bed, as it were to deceiue them, and anone to runne downe againe. They ſeeme alſo to themſelues to heare him. This diſeaſe of the night-Mare, is alſo called by another name, *Puigalion*, or *Puigamon*. It commeth by meanes of certaine groſſe and thicke vapours, which doe partly intercept, and hinder the free paſſage of the ſpirits animall: by which meane, difficultie of ſpeaking and breathing, doe proceede, with a perturbation of the ſenſe and motion of the whole bodie. Now this dreadfull griefe (which ſome being much deceiued, thinking that it muſt onely proceede of witchcraft) is chiefely remedied with the extracted oile of Tabacco, a fewe drops taken in ſacke or malueſie, after the ſtomacke bee firſt accordingly, by the rules of art, expurged from thoſe ſuperfluous humours, which are the true cauſe of the diſeaſe.

The oyle of Tabacco for a colde and moiſt ſtomacke, is farre better than oyle of pepper, oyle of Anniſeeds, the exrracted oyles of Fennell, Commin, Maſticke, Cloaues, or Calamint: and if an Electuarie were made for this diſeaſe called the Mare, I ſuppoſe this to be excellent.

An Electuarie for an ouer-cold and moiſt ſtomacke.

*Rec. Pulueris aromat. roſ. maioris ex deſcriptione Gabrielis*, ʒij.
*Pulueris electuar. diacalaminthes*, ʒj.
*Diatrion piperij*, ʒij.
*Conſeruæ anthos & roſarum Damaſcenarum, ana* ʒſs.
*Sacchari optimi*, vnc. j. *ſs.*
*Serapij de mentha quod ſufficit, vt fiat elect. liquidum. Adde*
*Olei tabaci chymici guttas aliquot.*
*Doſis* vnc. *ſs. per horam vnam aut alteram ante paſtum.*

I haue diſcourſed ſufficiently (as I iudge) of the vertues of Tabacco for inward diſeaſes of mans bodie: now will I proceede to his effects in curing thoſe that happen outwardly: and firſt there is preſcribed vnto vs this Vnguent.

*Rec.* Of the choyſeſt, and moſt ſubſtantiall leaues of Tabacco, *lib.* j.

Beat them in a mortar of marble, and after that take of *Axungia porcina, lib. ſs.*

Let it be refined and clarified, and without ſalt: ſo this being melted, adde to it the Tabacco, and ſet it ouer a ſoft fire to ſeeth deliberately, and leaſurely, vntill ſuch time as you finde the wateriſh humiditie of the Tabacco to be vapoured away, and that the mingled ſubſtances retaine

taine the force of a perfect Vnguent. Reserue this for a singular and medicinable good Vnguent for sores, vlcers, carbuncles, tetters, and likewise to dissolue tumours.

There is also another in vse, which is this that followeth.

*Rec. Terebinthinæ,*
*Resinæ,*
*Cerænouæ, ana* vnc. iij.

Melt them together, and then adde to them of Tabacco prepared as before, *lib.* j. mixe them together, and after with a slow fire set them to incorporat, seething together fiue or sixe houres, vntill the wateriſh humour of the Tabacco be cleane euapourated. After this is done, straine it through a coorse linnen cloth, that may be very strong. After all this, take of Venice Turpentine *l. ss.* infusing it into these things before said, without any more boyling of it, but yet stirring it cõtinually til it be cold, afterwards preserue and keepe these as precious Vnguents. This surpasseth the former in all colde griefes, to amend and ease the swelling paines and aches of the gowt, *Sciatica*, and the like, helping and comforting weake and resolued sinewes, and cicatrizeth.

Master *William Clowes*, a skilfull Chirurgeon of London in his booke of obseruations for curing gun-shot, describeth an excellent Vnguent of *Nicotiana* verie like vnto the former, which he learned, as hee affirmeth, of a verie learned man both in Physicke and Chirurgerie, which he said had wrought wonders aboue beliefe, but I (saith Master *Clowes*) found not that excellencie in it, which he promised, and I looked for: neuertheleſſe, I acknowledge it a medicine not to be disallowed: and this is the order of

making

making of it, as the Phyſician appointed.

*Rec. Foliorum Nicotianæ, l.* j.

Let the leaues be well ſtamped, and after ſtrained out as ſtrongly as poſsible may bee, then adde thereto

*Ceræ nouæ,*
*Reſinæ,*
*Olei communis, ana* ℥iij.

Let all theſe boyle together vnto the conſumption of the iuyce, then adde thereunto *terebinthinæ venetæ*, ℥iij. boyle all a little together, and reſerue it to your vſe. But this Vnguent ſince it was firſt knowne, is greatly bettered, chiefely by *Ioſephus Quercetanus*, and others alſo.

Moreouer with the foreſaid deſcriptions, there is alſo another in vſe, and more neceſſarie for wounds made with gunſhot: and I haue approoued it in many other cures: and thus it is truely preſcribed, and publiſhed.

*Rec. Succi de Peto, lib.* vj.
*Adipis ouini, lib.* ij.
*Olei communis, lib.* xij.
*Terebinthinæ venetæ*, ℥xij.
*Reſinæ pini, lib.* j.
*Maſticis*, ℥ij.
*Colophoniæ, lib.* ij.
*Ceræ, lib.* j.
*Vini albi, l.* j.

*Miſce & fiat Vnguentum ſecundum artem.*

Let not the *Succus* of *Petum* be put in, before all the reſt be well relented together, and then ſtrained into a cleane panne: and being molten, put in the iuyces to the reſt, and boyle it till the iuyces bee all conſumed. Then ſtraine it

againe, and reſerue it to your vſe. This Vnguent doth notably incarne and mundifie.

You ſhall here, in the cloſing vp of this my diſcourſe, haue preſcribed two ſingular oyntments of my owne inuention, wherewith I haue performed many great cures, and thereby haue wonne both crownes and credit.

Vnguentum Sanans noſtrum.

*Rec. Herbarum, ſanæ ſanctæ Indorum, m.* iij.
*Quinqueneruiæ,*
*Sanículæ, ana m. ſs.*
*Conſolidæ mediæ vulnerariorum,*
*Bagulæ,*
*Solidaginis Saracenicæ, ana m.* j.

Beat and temper them all with barrowes greaſe, *l.* j. and of the beſt oyle oliue, *l. ſs.* and adde to them *Vini albi. l.* j*ſs.* to be boyled the ſpace of one houre. Afterwards ſtraine them, and adde to them of waxe, *l. ſs.*

*Reſinæ,*
*Terebinthinæ, ana* ʒiiij.
*Miſce & fiat Ceratum.*

This doth notably heale.

This other that followeth is both ſanatiue and mundificatiue, and this is the true deſcription of it.

Vnguentum noſtrum Sanans & mundificans.

*Rec. Terebinthinæ,* ʒ*ſs.*
*Vnguenti aurei,*
*Vnguenti tabaci priùs deſcripti, ana* ʒ*ſs.*
*Myrrhæ,*
*Maſtiches,*
*Sarcocollæ,*

*Sarcocollæ, ana* ʒij.
*Succi Tabaci,* ʒj ſs.
*Ceræ,*
*Reſinæ, ana* ʒiij.
*Melis,* ʒij.
*Olei Hyperici q. ſufficit.*
*Cum vitell. ouorum nº.* ij. *Fiat Vnguentum.*

Thus much as touching Tabacco, though not ſo much as others perhaps might, and I could haue done; but yet ſo much as I thought worthy to be noted and written, for to ſatisfie and content the gentle good will of the louing and curteous readers, if that it pleaſe them to take as great pleaſure, and patience to read it, as I haue taken paines after my long endurance in priſon of the kings Bench, to ſet it forth. Which thought neuer to haue done, had it not been for the earneſt ſollicitations and importunities of my beſt and deereſt friends. I am ſure that ſome will finde this my diſcourſe too long, others too ſhort and trifling, and peraduenture vpbraide and caſt in my diſh the ſaying of the famous Poet *Terentius* in his Comedie entituled *Heautont. Act.* 4. *ſce.* 1.

*Næ iſte magno conatu magnas nugas dixerit.*

This fellow ſure with much adoo,
Hath told great tales and trifles too.

But if there be any ſuch fault-finders, quarrell-pickers, corner-creepers, or ſpider-catchers, I will leaue both them and their figuratiue flowts, wherewith they are accuſtomed to hit men ouer the ſhinnes, and end this my diſcourſe

course with the Poet *Martialis, lib.* 13. *Epigram.* 21. against all such detractours.

*Nasutus sis vsque licèt, sis denique nasus,*
*Quantum noluerit ferre rogatus Atlas:*
*Et possis ipsum tu deridere Latinum,*
*Non potes in nugas dicere plura meas,*
*Ipse ego quàm dixi: quid dentem dente juuabit*
*Rodere? carne opus est, si satur esse velis.*
*Ne perdas operam, qui se mirantur, in illos*
*Virus habe, nos hæc nouimus esse nihil.*

In English thus:

Suppose you were long nos'd,
suppose such nose you weare,
As *Atlas*, if you should entreat
him, would not beare:
That you in flowting olde
*Latinus* can be fine,
Yet can you say no more
against these toyes of mine,
Than I haue said: what boot is't,
tooth with tooth to whet?
You must haue flesh, if you
to glut your selfe be set.
Loose not your paines, gainst them
who on themselues are doating:
Keepe you your sting? we know
these things of ours are nothing.

*FINIS.*